

LEVEL: TRIPLE

TRIPLE – RECEIVING

With a partner or a coach standing in front of the athlete at 20 feet, throw the ball in the air at 5-10 feet to the athlete's right and to the athlete's left. The objective is for the athlete to catch three flyballs out of five attempts to the right and three flyballs out of five attempts to the left.

Below is an activity which can be used to prepare for this skill.

ACTIVITY "FIELD 3" (17)

[Click here](#) for video demonstration

Goal: Hitting, fielding, catching, throwing

Description: Form two teams of six - one batter, one catcher, the rest are fielders. Set up two separate activity areas at a safe distance. There will be one coach/parent helper pitcher in each area for each group of six. Set up bases on diamond.

Equipment: Two bats, two balls, two sets of catcher's equipment, two sets of bases

- One batter at a time hits off coach/parent helper pitcher, with one athlete as catcher
- When a fielder has successfully fielded three groundballs or has caught one fly ball, they become the batter.

Athletes rotate positions

Make sure all athletes get an opportunity to bat and catch

