

LEVEL: DOUBLE

DOUBLE – RECEIVING

With a partner or a coach standing at home plate, roll or hit the ball on the ground at approximately 5-10 feet to the athlete's left and to the athlete's right. The objective is for the athlete to catch three out of the five grounders to the left and three out of the five grounders to the right.

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

ACTIVITY THE GUARDIAN

[Click here](#) for video demonstration

Goal: Teach athletes a safe way to field a ground ball.

Description: In pairs or with a coach/parent helper, athletes practice fielding the ball with one knee down

VARIATIONS AND PROGRESSION:

- A. The athletes simulate the action without a ball
- B. The athletes simulate the action with a stationary ball
- C. The coach rolls a ball and the athletes field the ball
- D. The coach rolls the ball, the athletes field and throw the ball to a specified target/area

KEY POINTS

- *Put one knee on the ground*
- *Upper body must be behind the ball*
- *Always face the ball*

