

# BLASTBALL

## Introduction

*BlastBall!®* is an excellent introductory game for a bat and ball sports. It provides an ideal entry level of play for the youngster who will go on to other advanced levels of the game. It allows for constant action for young people's short attention span. It is designed to generate fast-paced action, provide recreation and exercise, create enthusiasm, and thru simplicity, allow retention of youth participants in the game.

*BlastBall!®* teaches all five basic fundamentals of baseball and softball...*hitting, throwing, catching, running, and fielding.* It is also just a ton of fun with fast and continuous action and simple rules.

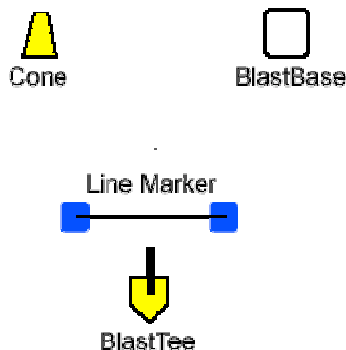
The BlastBase is audible, emitting a loud "**H O N K**" that the kids love whenever the runner stomps on the base.

## Rules & Field Set-Up

Position your BlastTee so that hitting allows you a safe area of play. Like a regular ball diamond, from the Tee pace off 30 feet to the right and position your BlastBase. This establishes your fair/foul line to the right. To the left of the Tee and perpendicular to your BlastBase line, pace of an equal distance and position your cone. This establishes your fair/foul line to the left. Now pace off 15 feet directly in front of the Tee and lay out your Line Marker running between the (hypothetical) first and third base lines. This becomes the fair/foul line for play. If a ball is hit inside of that line it is foul and should be re-teed for another try. If it goes beyond the line, either in the air or on a roll, it is considered in play.

A BlastBall is placed on the BlastTee and the first batter hits the ball and runs to the BlastBase while the defenders go after the ball. If the batter reaches the BlastBase before a defensive player either catches the BlastBall in the air (an automatic out) or fields it and yells "Blast", the BlastBase will "honk", the runner scores a run. If the ball is caught or fielded and "Blast" is yelled before the runner gets to the BlastBase, then the runner does not score a run. Every player gets to hit once and then the teams switch from hitting to defense and vice versa.

To retrieve the throwback of the defensive players, have a parent positioned to the left and rear of the Tee by about 15 feet.



## Uniforms and Equipment

- BlastBase
- BlastTee
- BlastBall
- BlastBat
- Cone
- Line Markers

Players will be provided with a T-shirt and hat. Running shoes are okay for BlastBall, and a glove and helmet are required. Helmets must be NOSCAE, CSE, OR ULC approved.

## Games and Practices

All games will begin at 6:30 p.m. with a ½ hour practice. Both teams will practice together to more effectively use the coaches. These practices are a mandatory part of the season and all players are expected to attend them. Games will start at 7:00 and finish at 7:30.

Skills to teach during practice time:

- Toss ball in air and catch with 2 hands (thumbs or pinkies together).
- Short catch with a partner (close at first, gradually get farther apart).
- Grip on throwing ball, two or three fingers along with thumb.
- When throwing, use opposite leg to step, i.e. if you throw with your right hand, step with your left foot.
- Pointing shoulder when throwing to a target.
- Overrunning the base.
- Proper positioning next to batting-tee while hitting - HINT: Most kids have a tendency to want to stand too close to the tee when batting. Keep them back to allow arms to extend.
- Fielding ground balls - get down low just like an alligator and keep back flat. Here comes the ball, let it roll to you. Put your glove on the ground like the alligator's mouth and with the top (throwing) hand, close those jaws down and lock that ball in your glove. Even teach them to growl while they close down the jaws. That will allow them to expend air and make the play much easier.
- Fielding from the "ground up" one motion (hands start on ground)

**Key** - keep the game moving, with little or no standing around. "6 up" - "6 down". As soon as the last batter has completed batting, hustle in and out. It is extra motivation for offensive players when changing innings, to have to touch the base on their way to their defensive positions in the field.