

# NEZ BLASTBALL

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*BlastBall!* provides an ideal entry level of play for the youngster who will go on to other advanced levels of the game. It is also a great fitness and recreational activity. It is designed to generate fast-paced action, provide recreation and exercise, create enthusiasm and through simplicity, allow retention of youth participants in the game.

Blastball provides a introduction to the five basic fundamentals of baseball - *hitting, throwing, catching, running and fielding*. It is also a ton of fun with fast and continuous action and simple rules.

## EQUIPMENT

- BlastBase
- Tee
- BlastBalls
- Foam bat
- Cone
- Line Marker

Gloves are not required because of the softness and size of the Ball. The fear factor of being hit is eliminated from the game all together. While batting helmets are not needed because the BlastBall is not being pitched or thrown to make the out, helmets may be worn at the coach's or parent's discretion.

## OBJECTIVE AND GAME PLAY

Blastball is played with 5 players per team. A smaller number, such as 2-3 players per team works equally well.

- The defensive players take a position approximately 20' from the tee in a manner that is deemed to be most appropriate to the coach. Typically, there will be one player on first base and the others will align in one or two rows at a safe distance in front of the hitter. The objective of the defensive positions is to learn the very basic concepts of fielding: catching or fielding the ball and throwing overhand to first base.
- A ball is placed on the tee and the first batter hits the ball and runs to the base. Once the ball is hit, the batter runs to first base and stomps on the base when he/she arrives. The base will make an audible "honk" that is intended to encourage excitement and celebration.
- Defensive players should make an attempt to field the ball cleanly.

- Every play should end in a throw to the first baseman, who will also tag the base to complete the play, regardless of whether an out is made or not. The objective is to teach the basic concept of achieving an “out” in the game of baseball.
- Each player will hit in every half of every inning – there are no outs and score is not kept
- The inning ends when every batter has had the opportunity to hit.

## FIELD SET-UP

- Position your tee at home plate. Position the base 30 feet away, approximately corresponding to the typical location of first base. This establishes your fair/foul line to the right.
- To the left of the tee and perpendicular to your BlastBase line, position your Cone also at 30 feet. This establishes your fair/foul line to the left.
- Position your Line Marker 15 feet directly in front of the tee running between the (hypothetical) first and third base lines. This becomes the fair/foul line for play to the front (i.e. the minimum distance that a ball can be hit to be considered “in 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.

It’s that simple...you are ready to play!

**HAVE A BLAST!**

## BLASTBALL TIPS

*BlastBall!* is an introductory game. It allows for more touches and constant action for young people’s short attention spans. More kids get to be involved and retain interest in the game. The game is safe with a foam bat and ball with no gloves required. All you need is the equipment and a grassy area or ball field.

- Teams may be even or uneven. 3 vs. 4, 4 vs. 5, etc.
- The key is to keep the game moving with little or no standing around. “5 up” “5 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. Kids love to “**honk**” the base.
- Game time is 1 hour with the first 15 to 20 minutes spent on basic fundamental work – **basic drills**.

## BASIC DRILLS

- Toss ball in air and catch with **2 hands** (thumbs or pinkies together).
- Short catch with a partner (close at first, gradually get further apart).
- Grip on throwing ball, two or three fingers along with thumb.
- When throwing, stepping in opposition with proper leg.
- Pointing shoulder when throwing to a target.
- 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 with **“Palms Up”**.
- Fielding from the “ground up” one motion (hands start on the ground).
- Keep the fundamentals fun, basic and simple after all the **key to BlastBall! is learning by doing!**