

Wednesday Nov 15th 2006 Training.

Great day followed by a great evening.
Susanna picked me up and we rushed to the fields so we wouldn't keep anyone waiting.

Sowed some throwing and catching then onto the bat. Made a competition to add to the accuracy of our hitting. This made it interesting and challenging. And for next hour we hit then collected the balls and hit again. Hits down base on top push runners over to base to then hit to get ourselves on to base. To add to the competition we had to make sure that no ball was hit foul. If this happened the batter handed the bat over to the next batter and so the theme continued. This suddenly made us concentrate on hitting the ball into the field of play.

At the end of training it was just hitting with power. Driving the ball through the field to score a run or to make sure of going to bases safely. The hardest part of the training was finding the balls. They got lost so easily in the longish grass that graces our playing field. Just hope the cut the field before the weekend.

However we lost no balls and had some fun hitting.
It would be really great if more could come to the Wednesday night training sessions.
I mean with just Susanna and myself at tonight's training there is plenty of room for othersto join in