

## Wednesday November 22 2006

Training night report.

Well this was a good one.

Susanna picked me up and we arrived right on time at the field. We arrived at the same time as we got there making us on time.

I'd say right on time cos we were never late. Never mind.....

So tonight we had four brave souls at training. Jounit, Susanna, Ian and myself (Gavin). Started off throwing. Just trying to be more accurate in catching. As we warmed the distance we threw increased. Good in our throwing. Catching is still a work in progress. Then onto the bat. Two teams of two and away we went. Not slugging away for the sake of doing it. But we set targets. Then switched to batting to push an imaginary runner. Two fielders worked the base one and three areas while a server and hitter worked on hitting into that area.

Ian and myself (Gavin) throwing and more fluent in our catching. Everyone tonight looked pretty good but we are getting there. The object was tactical batting. Get and worked to hit those from one across to two. Server and hitter worked on

Fielding was a challenge as the batters increased their ones line and sending the fielder running to catch or field the ball. Brown tonight by some and that is for sure. Everyone although some spent a lot of time hitting. There was something tonight. The object also in tonight's workout was to get to catch down hit balls and make the effort to stop every ball. Got pretty dirty diving around the field. I just had to get damn hard. Some very good catches but when I played base out about not getting to the ball cos Ian had my back. Susanna carried on at one just the same. I didn't have to worry

power at driving the ball up base out. Sweat was flowing on everyone's face. Turns at hitting and fielding every good result achieved tonight. No need for fielders to hit anything. I got a say I was eaten by a ball. Ian worked well. I never had to worry about getting beaten by the ball.

Susanna played well in the field. Jounit spent time on the ball. Plenty of good power shots into the field. It is hard to know trying to just put the ball into a particular part of the field. Better off the hitter and they tend to begin over analysis and that is why a lot of batters get into a slump. Where busy thinking about where to hit the ball they don't remember tonight for over an hour or so the hitters all kept the ball working on. I could see at the end of four training sessions we could put together a team that could do just so well away from the field with me knowing at last we have a field. We have batters who can do what I asked them to do and I have actually play that we are a bit better than they have been. Keep trying to build the game. Cost there are people who say actually come to do just that.

at and sends some or better still. Sometimes to hit controlled hits. You the field. Concentration gets the ball. In the shot they are about to play they don't hit the ball. They are so to actually hit the ball. But all in play and in the area we were that with a couple of others his game. Tonight we came elders moving to go get the ball. Very four players who want to Very pleasing. And this is why I they want to play and they