

Training report Nov. 29th 2006

It is Wednesday night again.

Susanna, Jounit, Ptrece, Ian and myself are ready for some training. Tonight we work on some throwing skills then do field work involving play to base one and then combining throws to base one and then to base three. The object is to knock out the batter/runner then get the runner going to three from base two. It sort of makes the fielders think what they have to do. With the limited players in the field and one person hitting ground balls the work was very draining on one's body. But plays getting smoother all the time. Throws were becoming more accurate as we went over the



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Moving to the ball was really happening with everyone working on going to field the ball rather than stand and wait. Everyone took turns at hitting the ball out for the fielders to do their work. It wasn't as easy as some of the work done made it look hitting the ball seemed. But we got plenty of work done tonight. Then we took a round each at batting.

Tonight even though we had a reduced number of players out in the field we still went for power hitting. Ian sent some huge hits well into the backfield. Mostly the hits were along the ground. Jounit surprised me with his new approach to hitting. Very relaxed and he hit maybe the best of us all tonight. It took a turn and managed to hit fairly well with several good shots to the backfield.

When knock off time came I think we were all happy that it had done so. We were pretty worn out and the light was fading fast. All in all we got some good stuff done.