

3. Fielding

Fly Balls. Equipment: A solid wall, 16" ball and a line marked 15' above the floor, a stop watch.

Test. The individual throws the ball repeatedly against the wall over the 15' line for a period of 30 seconds catching it on the rebound.

Score. Score the number of successful catches within the 30 second period. Balls hitting below the 15 foot line score 0.

Ground Balls. Equipment: A solid wall, two lines parallel to the wall 20 and 30 feet away from the wall, stop watch, and ball.

Test. The individual throws the ball against the wall from the thirty foot line. He catches the ball on the rebound and continues to throw as many balls as possible within the 30 second period. At no time must he go beyond the 20 foot restraining line.

Score. The number of successful catches in the 30 second period.

4. Base Running

Equipment: Bat and ball, home plate, pitcher mark 30 feet away and first base 35 feet away (distance from home to first base in indoor baseball), stop watch.

Test. The individual hits a legally thrown underhand throw from the pitcher and runs to first base immediately after the hit.