

RUNNING, CATCHING AND PITCHING. GAA ROUNDERS.

Running :

- Intelligent running, can often win a game.
- Fielding – Fielders need to be able to turn and run for the ball when fielding outfield, and be able to sprint quickly when fielding a ball on the infield.



Base to Base – Fast running is required when running bases, don't hesitate .

Base to Base – When running bases don't turn your head, run straight and run hard.



Pitching :

The technique for pitching is the same as for underarm throwing.

The Pitcher :

- The pitcher must deliver the ball to pass over home base.
- Should aim for the catchers hands.
- Keep your eyes on the target.
- Pitcher can pitch two types of balls – Good balls, which is a ball pitched not lower than the knee and not higher than the shoulder. Bad balls, which is a ball pitched below the knee, and above the shoulder, short of the mat, left and right of the mat.

When pitching the ball is held between the fingers and thumb and not in the palm of the hand.



The ball is pitched from the pitchers mat, underarm towards home base.



Catcher :

Teams need a good catcher. They are the only person who can see the whole field and all the players at once. They should check before each play that all fielders are in the right place e.g. for left and right handed batters.



Stay in the catcher's box until the ball is in play
– let your hands be the target.

Must have a good throwing

Throw the ball accurately and
strongly to all bases.

Should be positioned directly
behind home base.

Skills Practices for Running, Catching and Pitching.

RUNNING :

- Beat the ball – Running the bases trying to beat the ball back.
- Sprints – Sprinting between the bases.

CATCHING :

- Practice catching the ball from the pitcher and throwing the ball to first and third base alternating every second throw.

PITCHING :

- Practice pitching the ball with the catcher. Pitch ten balls, count how many good balls are pitched, continue practice until you get ten out of ten, then increase the number and continue as before.
- Practice against a target: Make a mark on a wall. Pitch from a distance of 9 meters and practice hitting that mark as many times as you can.