

two strikes. If a player can learn to become excited and expect-
her than feel increased tension, then they have a better chance of
enjoyed this game. It is very exciting and fast paced. It duplicates
ons.

Coach _____

69. WALL TO WALL SOFTBALL

Set Up

- Gymnasium

Directions

Two teams start on each side of the gym. The idea of the game is to advance the softball from one end of the gym to the other. A teammate has to catch a thrown or rolled ball and touch the opposing team's wall without "traveling" or walking more than a step.

The game is fast-paced, each team has to advance the ball to each team's wall which they play defense on. The balls are thrown or bounced or rolled to other teammates, interceptions are allowed and the intercepting team now becomes the offensive team. If a ball is dropped by teammates, the ball immediately becomes the other team's ball. They can run anywhere on the court, position themselves but once the ball is caught they have to remain stationary and make a throw. Sometimes the throw angles simulate game like throws and the best part is if we play for 15 minutes they have conditioned at a rapid pace and are usually pretty winded.

Contributed by:

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Flow

TS&B&A

TD is Four Territory