

BLASTBALL!



What is it?

BLASTBALL is a developmental game invented and marked by the ATEC Athletic Training Company in the United States. It is a very simple concept utilizing the skills of baseball in a fun, fast-paced activity for young players. With only one base and a foam bat and ball, it is safer and less complex than T-ball. Note: We supply the bat and ball. Personal bats are *not* allowed to be used in Blastball.

This game is an exceptional introduction to baseball for a number of reasons:

- **It is fun, and fast paced with lots of chances to bat in a short time-span**
- **It is easy to play, players have a instant success**
- **No glove or special equipment is needed by the player**
- **It runs within a flexible time-frame**
- **It doesn't cost a great deal to participate**
- **It allows good and efficient use of facilities (we play 3 or 4 mini-games at a time on a diamond)**

BLASTBALL offers the opportunity to teach all five basic fundamentals of baseball---hitting, throwing, catching, running and fielding. It is also a ton of fun with fast, continuous action and simple rules.

BLASTBALL: The game

Basically the game consists of **two teams of 5-7 players each with the teams alternately batting and playing the field** – just like T-ball/Baseball. (with only 7 players max. Per side, there is minimal waiting time to bat and more opportunity to field the ball when in field.) There is only one base –

first. A cone is used to designate a “left foul” line --- usually making a narrower field then would be defined by third base. The bat & ball are foam.

Each batter hits off a batting tee when the coach says “play ball” and then runs to the base (at first) which “HONKS” when stomped on. When the ball is stopped by a fielder, he/she holds it up and yells “BLAST” (no need to try and make any plays, but getting the fielder to throw into the catcher after “BLAST” should be encouraged.

The object is for the runner to “HONK” before the fielder “BLASTS” and vice versa (regardless, no runner stays on base and no runners go into home.

There is no scorekeeping in Blast ball. In numerous tests it has been proven that kids get the most enjoyment out of jumping on the base. (Note: there is a sweet spot so a good first practice/game warm-up exercise would be running and jumping on first.) Neither glove nor helmet needed.

How it works:

- **Two teams:** ½ (squad) your team stays with your tee while the ½ of your team goes to the other teams tee. A “mini-game” is played at each tee as per prior agreement (e.g.2 or 3 times through the batting order of each side, 10/15 minutes etc.) until finished where upon **one** team’s two squads then have to switch playing fields so as to play the second ½ of the other team. After the 2nd mini-game finish back at your tee for a team practice/wind-up!
- Due to 7 player/team split your team up as follows—3 batting, 4 fielding for 10 minutes than switch for another 10 mins. Then have a mini game with the other team on diamond.
- There is no set time the session has to end. We encourage you to play as long as your players want to continue (within reason) . You continue play and/or practice as long as several players –team(s) – have to leave. Adjust the rotating to suit weather, interest, etc. and please let us know what works the best! **HAVE FUN!!!**

