

Resources

- Library—Ask the librarian for help locating books and other resources on baseball.
- Baseball associations—Many local Little Leagues have published rules and experienced players and coaches who can help you.
- Sporting goods stores—Ask how you can contact a baseball league.
- Trophy shops—Ask whether they have any baseball league clients.

USA Baseball

3400 East Camino Campestre
Tucson, AZ 85716
Phone: 520-327-9700; Fax: 520-327-9221
Web site: <http://www.usabaseball.com>

PONY Baseball and Softball

P.O. Box 225
Washington, PA 15301-0225
Phone: 724-225-1060; Fax: 724-225-9852
Web site: <http://www.pony.org>
PONY Baseball and Softball is an international youth baseball and girls softball program that offers an opportunity for local community league competition and international tournament play for youth ages 5 to 18.

Four Skills of Baseball

Baseball requires only four basic skills:

- Throwing
- Catching
- Hitting
- Running

You can read about the particulars of these skills in books about baseball and practice them for your requirements.

Training Suggestions

For baseball, it's important to be able to run fast for short distances, have strong legs for endurance, and have strong hands and arms to swing the bat. Here are some drills to improve physical fitness in these areas:

Batting Order

A team should let its best hitters and runners bat first because they will get to bat more often during a game. Here is an example of a strong batting order:

First Batter. Usually small and fast with a good eye. This is an excellent spot for a left hander.

Second Batter. A good bunter and fast runner.

Third Batter. Best hitter; he hits the ball often.

Fourth Batter. Good hitter with men on base.

Fifth Batter. Long-ball hitter, aggressive hitter.

Sixth Batter. Fairly good hitter with speed.

Seventh Batter. Fairly good hitter.

Eighth Batter. An inexperienced player with promise.

Ninth Batter. A good fielder.

Why Play Baseball?

Baseball helps you grow up—in both mind and body. It brings you new friends, shows you how to get along with others, and helps you live up to your Cub Scout ideals—the Cub Scout Promise and the Law of the Pack.

You may want to join a youth league or try out for your school team. You might dream about going to college on a baseball scholarship, or playing for the USA Baseball National Team at the Olympics or other international competitions, or playing professional ball someday.

But whether you play baseball just for fun or want to go for a career in the big leagues, remember that the best you can do is to *do your best*.

If you want to know more about any specific youth leagues or details about baseball itself, contact USA Baseball.

- Sprint 60 feet (repeat five times a session).
- Jump rope for endurance and agility.
- Do push-ups for arm and shoulder strength.
- Hang from a bar for a good stretch.