

# BASEBALL MASTERY



## RULES:

- Each task must be completed with both the mentor AND the mentee present
- Both the mentor and mentee must complete each task
- Each task must be signed off by the mentor upon completion



## Mastery Tasks:

Together, research official rules, techniques, and history of baseball or softball:

\_\_\_\_\_  
*Mentor Signature* *Date*

After researching the rules, the mentee must be able to explain to the mentor how innings work:

\_\_\_\_\_  
*Mentor Signature* *Date*

Learn how to pitch over-hand and under-hand. Practice by pitching to your mentor:

\_\_\_\_\_  
*Mentor Signature* *Date*

Practice your hitting skills by hitting 10 fair balls:

\_\_\_\_\_  
*Mentor Signature* *Date*

Learn about the outfield positions. Practice catching the ball in each of the different positions:

\_\_\_\_\_  
*Mentor Signature* *Date*

Practice using a mitt by catching the ball 10 times in a row:

\_\_\_\_\_  
*Mentor Signature* *Date*

Practice catching by having the mentor pitch to you on the pitcher's mound and the mentee behind the plate:

\_\_\_\_\_  
*Mentor Signature* *Date*

Practice running the bases and sliding into home 5 times:

\_\_\_\_\_  
*Mentor Signature* *Date*

Learn about the infield. Practice catching from each position:

\_\_\_\_\_  
*Mentor Signature* *Date*

Gather some friends or other mentoring pairs and play a game of baseball:

\_\_\_\_\_  
*Mentor Signature* *Date*