

標題	9-Square Pitching Challenge
內文	<p>In January of Year 115, this facility organized a recreational and cultural activity for inmates entitled the “Nine-Square Pitching Competition.”</p> <p>Through observing the landing point of each pitch, participants were guided to reflect on and adjust their throwing force and release point, thereby achieving greater coordination and consistency between body movements. By making repeated adjustments and successfully pitching the ball into the designated target grid, inmates were able to experience a sense of accomplishment.</p> <p>Through this recreational activity, inmates learned how to calm their minds and establish effective communication with their bodies, remain focused on achieving set goals, and enhance their psychological resilience. The activity also contributed to strengthening rehabilitative and correctional outcomes.</p>



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