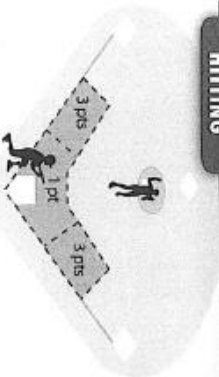


BUNT ZONES

Bunting to specific locations

HITTING

1/G/T



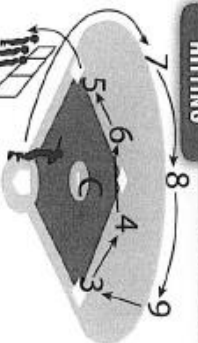
- **Line them up:** Players (wearing helmet) with bat at the plate. Coach, midway between mound and plate, pitching half-speed.
- Draw lines on field with bat (or chalk) marking out zones (see diagram).
- Bunted balls coming to a rest in zones are worth points as shown, balls rolling out of zones worth no points.
- **Variation:** Younger players not yet bunting get points for each ball hit outside of marked area.
- **Make it a Game:** Divide players into two teams. Each player gets 3 bunts, alternating teams. Team with highest cumulative total wins.

0-2 DRILL

Two-strike hitting, fielding, situations

HITTING

1



- **Line them up:** One player at each defensive position except pitcher and catcher; Coach is on mound pitching.
- **Line them up:** One player at each defensive position except pitcher and catcher; Coach is on mound pitching.
- Each player starts with 0-2 count, (no balls, 2 strikes). Player who misses or takes a called strike is out. Foul ball = keep hitting.
- When ball is put in play, batter runs to 1st. Fielders try to make the out.
- **Key Point:** Players rotate in manner depicted above. After hitting, hustle to left field to keep game moving.
- **Make it a Game:** After every player has hit, those who reached 1st safely hit again. Remaining players in field. Continue until 1 player is '0-2 Champion.'

DOT DRILL

Eyes on the ball

HITTING

1/G/T



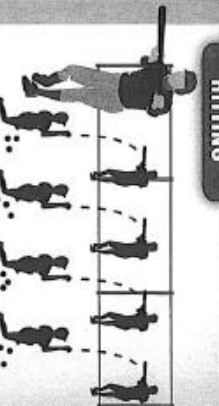
- **Line them up:** One hitter, rest of group fielding.
- Draw dime-sized dot on some, but not all Baseballs.
- **Throw** batting practice.
- **Key Point:** Players must be able to tell coach which pitches were dot balls.
- **Variation:** Tee-ball: Use dot to teach players where to aim bat.
- **Make it a Game:** See who gets most correct out of 10 pitches.

BUNT WITH A PARTNER

Multiple bunt repetitions

HITTING

1/G/T



- **Line them up:** Players (wearing helmet) with bat. Each batter has partner on one knee approx. 15 feet away with several balls.
- Kneeling players pitch to batters. Batters bunt pitched balls. After 1-2 minutes, batter and pitcher switch.
- Pitchers should work to throw strikes, but are not trying to throw hard.
- **Key Point:** Batters use proper form (above) and try to bunt each pitch.
- **Make it a Game:** Batter who misses or fouls pitch in strike zone must switch with pitcher.

GROUND HOG

Staying on top of ball

HITTING

G/T



- **Line them up:** One batter; remaining players in field. Coach throws batting practice.
- Players stay up to bat as long as they hit ground balls or line drives.
- After 5 hits, batter must run it out and be safe at 1st to continue hitting.
- **Make it a Game:** Most hits without getting out is 'The Groundhog!'

FENCE SWING

Shortening batter's swing

HITTING

1



- **Line them up:** Batter stands facing fence close enough that bat would touch if arms fully straight and extended.
- Practice swinging.
- **Key Point:** Bring hands straight down to ball, avoiding a long, looping swing.
- **Make it a Game:** Who can take most good swings without hitting fence.

ONE-ARM SWING

Using each hand independently

HITTING

1



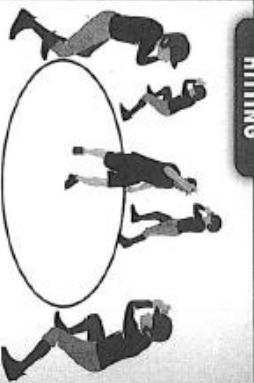
- **Line them up:** Player needs a bat and helmet.
- Player gets in normal batting stance, but swings bat with bottom hand only.
- Player can switch and swing with top hand only.
- **Key Point:** Players may choke up on bats if too heavy.
- **Variation:** Great drill for hitting off tee, or, for stronger players, soft-toss.

IMAGINARY PITCH

Visualizing hitting

HITTING

1/G/T



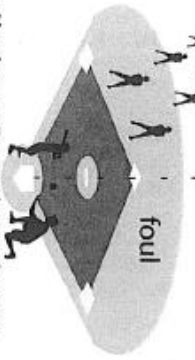
- **Line them up:** Players form circle around coach and assume 'hitting stance'.
- Coach goes into wind-up and pretends to throw pitch while saying something like, 'Outside corner,' or 'Low and inside strike,' or 'High ball.'
- **Key Point:** Batters visualize pitch being thrown, and swing or take.
- **Make it a Game:** Slowest to swing at a strike, or anyone who swings at a ball is out. Final player remaining wins.

OVER THE LINE

Hitting, defense

T

HITTING



- **Line them up:** Two equal teams. One team hitting. Other in field, as per diagram.
- Coach pitches soft-toss to hitters who must try to hit fair ball. (Batters don't run)
- Any ball kept in infield = out. Past infield but in front of 2nd group of fielders = single. Past 2nd group = double. Past everyone = triple.
- **Key Point:** Balls caught in air are outs. Teams switch after 3 outs.
- **Make it a Game:** Use imaginary baserunners. Keep track of runs scored. Play full 6-inning game.

OUTFIELD SOFT-TOSS

Hitting, fielding

G/T

HITTING



- **Line them up:** Fielders spread out in center. Coach and batter on outfield foul line. Player catching in throws.
- Batter hits to outfielders.
- Outfielders field balls and throw to player catching in.
- **Key Point:** Rotate from outfield to catch-in-catch-in-to batter; batter to outfield.
- **Make it a Game:** Anyone catching fly ball automatically goes to batter.

SOFT-TOSS

Hitting, moving ball

I/G/T

HITTING



- **Line them up:** One player at plate. Other players fielding.
- Player stands ready to hit with "vaseer" facing 4-5 feet away.
- Softly toss balls so that they begin at top of strike zone and fall towards front of plate. Batter hits ball on downward arc.
- **Key Point:** Players get many good swings in short time period.
- **Make it a game:** Let batter run to 1st on 10th hit.

PEPPER

Bat control

G/T

HITTING



- **Line them up:** 3-5 fielders side-by-side, facing one batter 12-15 feet away.
- Fielders throw an easy pitch that batter can hit.
- Batter tries to hit soft ground ball back to fielders who field ball and pitch again.
- **Key Point:** Emphasizes soft swings and ground balls. Younger players should use soft-core balls.
- **Make it a game:** Batter goes to #4 position after missing good pitch or hitting ball that is caught. Fielder 1 goes to batter. Fielder making an error moves to #4.

PICKLE DRILL

Run-down situations, baserunning

G/T

INFIELD



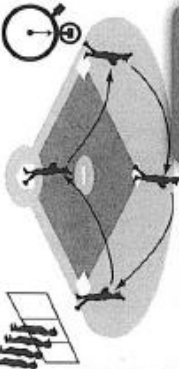
- **Line them up:** Place a player at every infield position, including pitcher and catcher. Remaining players are baserunners.
- Runner rounds 1st and goes halfway to 2nd. Coach throws ball from right field to shortstop or pitcher. Runner is now in a "Pickle."
- Fielders try getting runner out with fewest throws necessary.
- **Key Point 1:** Teach "Follow your throw." After you throw, take place of player who caught it.
- **Key Point 2:** Run at baserunner before throwing. Runner is always chased back to smaller base.
- **Make it a Game:** Also play between 2nd/3rd/home. Points for safer out.

BEAT THE CLOCK

Throwing to bases accurately

T

INFIELD



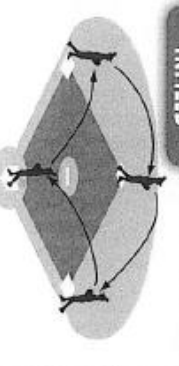
- **Line them up:** One player at each base. The rest safely in line behind backstop.
- Player at home has ball. Start stopwatch as ball is thrown to 3rd>2nd>1st>home. Note time.
- All players rotate 1 base. 1st baseman goes to end of line. New player at home.
- **Key Point:** Players should learn to catch as feet are moving toward base to which they're throwing.
- **Make it a Game:** Players love getting record times. Keep a log. Team's times will improve throughout season.

AROUND THE HORN

Throwing to bases

T

INFIELD



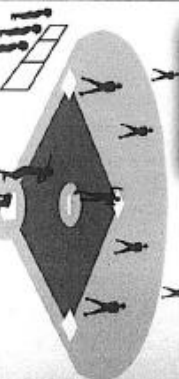
- **Line them up:** Assign equal number of players to each base.
- Beginning at home, throw around bases. (3rd>2nd>1st>Home>2nd) without stopping.
- After player throws to next base, new player steps in and awaits throw.
- Players who make a bad throw run after it while coach puts new ball in play.
- **Key Point:** Keep ball constantly moving.
- **Make it a Game:** After 15-20 cycles call "reverse." Ball now moves counter-clockwise. Next, say numbers, (1,2,3,4) to indicate base to throw to.

THREE TEAM HITTING

Real game hitting

T

HITTING



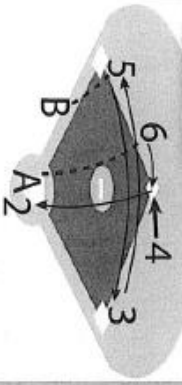
- **Line them up:** Divide players into 3 teams: (A, B and C). B and C play defense. A is up to bat.
- Coach pitches or players pitch depending on age level.
- Team A bats until 3 outs are made. After 3 outs, Team B goes to bat, Team A goes into field. Keep track or runs like real game.
- **Key Point:** Players remember who made last out so next in order leads off in following inning.
- **Make it a Game:** Play until each team has batted three times to determine winner.

CORNERS AND MIDDLES

Infield play

6/T

INFIELD



- **Line them up:** Players at each infield position except pitcher; Coach (A) with bat at home. Another coach or player (B), between home and 3rd.
- Coach A hits grounders to short or 2nd. Get force at 2nd then throw home.
- Coach B rolls balls to 3rd basemen, who throw to 1st. Later, roll to 1st basemen, who throw to 3rd.
- **Key Point:** Make sure short and 2nd are far enough back, and not in the way of throws from 3rd to 1st.
- **Make it a Game:** With timers, see how long team can be error-free.

CAP BUTTONS

Keeping head down, using two hands

1/6/T

INFIELD



- **Line them up:** Two rows, side by side, each player across from a partner; (10-20 feet depending on age level)
- Without mits, players roll balls back and forth. Fielders focus on keeping head down while watching ball into hands.
- Player rolling ball should be able to see "button" of the cap "on fielder."
- **Key Point:** After a few minutes without mits, continue with gloves.
- **Make it a Game:** how many can they get in 15 seconds? Rotate partners.

FORCE OUT

Getting lead runner at 2nd

6/T

INFIELD



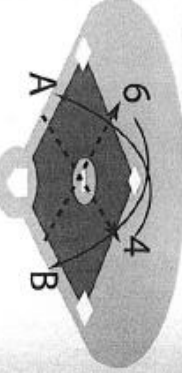
- **Line them up:** 1/3 playing shortstop, 1/3 playing 2nd and 1/3 running at 1st base.
- Hit ball to either 2nd baseman or shortstop. Runner runs to 2nd.
- If ball goes to shortstop, 2nd baseman catches throw at base, and vice-versa. After everyone has gone twice, rotate groups.
- **Key Point:** Fielders should warn to catch ball safely away from sliding runner.
- **Make it a Game:** Fielders vs. runners. See which group wins most often.

CROSSFIRE

Fielding grounders, good throws

6/T

INFIELD



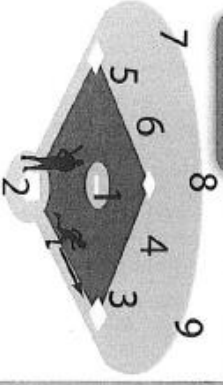
- **Line them up:** 1/2 team at shortstop and 1/2 playing 2nd. One coach with bat and glove positioned between home and 1st. Another between home and 3rd.
- In alternating, rapid-fire sequence, hit ground balls to each group. Players field ball, make good throw in, then go to end of line.
- After 5 minutes or so, switch shortstops to 2nd and vice-versa.
- **Make it a Game:** Pit one group against other. Teams get 1 point for successfully fielded ball and 1 for good throw. First team to 30 wins.

LIVE SITUATIONS

Live game experience

T

INFIELD



- **Line them up:** Assign player to each defensive position. Remaining players run bases.
- Hit balls various places on field and play as if live game.
- Rotate runners to fielding positions and vice-versa.
- **Key Point:** Review after each play where fielders should have moved or thrown.
- **Key Point 2:** Before each hit, call out situation. (i.e. "runner on 2nd, one out.")

HATS NO HATS

Teamwork, decisionmaking

T

INFIELD



- **Line them up:** Two teams designated "Hats" or "No Hats." "No Hats" remove caps. Boundary is right field line to centerfield.
- Using tennis ball, "Hats" begin "passing" to teammates while "No Hats" try to intercept.
- After each catch, coach counts to 3. Ball must be passed before 3, or it's turned over to other team.
- Dropped or missed passes automatically go to other team.
- **Key Point:** Players must move to get open. No contact allowed when defending.
- **Make it a Game:** Which team finished with longest streak of catches?

SHORT-HOPS

Fielding balls on short-hop

1/6/T

INFIELD



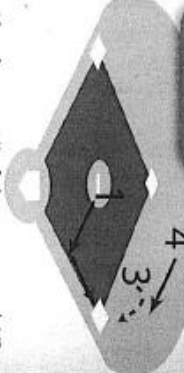
- **Line them up:** Every player with a partner 5-10 feet away.
- Throw ball so it bounces 12-18 inches in front of partner's feet.
- Players learn to catch ball on "short-hop."
- **Key Point:** Teach players to "get beneath" the ball.
- **Make it a Game:** Which pair has most consecutive catches?

PITCHER COVERS

Pitcher moving to 1st

6/T

INFIELD



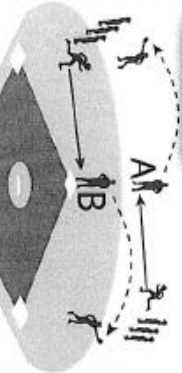
- **Line them up:** 1/3 of players on mound, 1/3 at 1st and 1/3 playing 2nd.
- Hit grounders that cause 1st baseman to move to right.
- Pitcher runs to 1st and catches toss from 1st baseman, while stepping on base.
- 2nd baseman should be hustling over to back-up 1st baseman and cover 1st if pitcher forgets.
- **Key Point:** Pitcher should run straight to 1st base line, then parallel with line.
- **Make it a Game:** Rotate players from 2nd to 1st to pitcher.

OUTFIELD FLY-BY

Running catches, conditioning

1

OUTFIELD



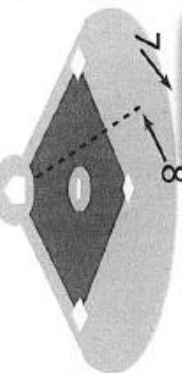
- **Line them up:** Half team lines up in left field, and 1/2 lines up in right. Two coaches or players (A and B), in center.
- Players take turns running toward coach and toss him a ball. Coach turns and throws fly ball out ahead of player, who must catch it on the run.
- Players then hand ball off to someone in other line and wait for another turn.
- **Key Point:** Drill is fast-paced. Next-in-line should begin running as soon as coach catches toss from previous player.
- **Make it a Game:** Each line is a team keeping track of their catches. 1st team to X# of catches wins.

OUTFIELD ANGLES

Cutting off hits to outfield

6/T

OUTFIELD



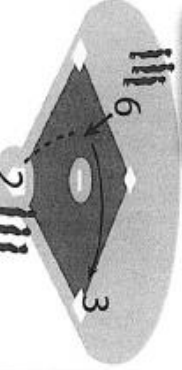
- **Line them up:** One group of players in left field, and another group in center.
- Hit or throw hard groundball between first player in each line.
- One player takes angle to ball. Other player takes angle behind in case first player misses.
- Object is not to let ball get past both players.
- **Key Point:** Players must communicate so that one backs up the other.
- **Make it a Game:** Four groups, 2 in left make Team A, 2 in right make Team B. Team keeping most from getting by wins.

SLOW ROLLERS

Changing slow rollers

6/T

INFIELD



- **Line them up:** One 1st baseman, 1/2 remaining players at 3rd (or short) -1/2 at home.
- Players at home are "rollers." Each have a ball.
- Roll slow grounder to fielder who charges ball and throws to 1st.
- After throwing to 1st, fielder continues running to end of rollers line, retrieving ball from 1st baseman on the way.
- **Key Point:** "Rollers" go to fielder line after rolling.
- **Make it a Game:** How many consecutive can team make without errors?

TRIANGLE DRILL

Proper feet and hand positioning

1/G/T

INFIELD



- **Line them up:** Two rows of players on infield, directly across from a trier, (10-20 feet, depending on age level)
- Draw a triangle in front of one player's feet.
- Show players how they must keep feet apart and hands out front for a triangle to stay intact. Players begin rolling grounders to each other.
- **Key Point:** When ball is rolled to either side, players must move feet and get in position so triangle moves to ball
- **Make it a Game:** Players quickly roll each other grounders. First team to 20 wins, balls tieded without proper triangle don't count.

DO-OR-DIE

Changing balls hit to outfield

1/G/T

OUTFIELD



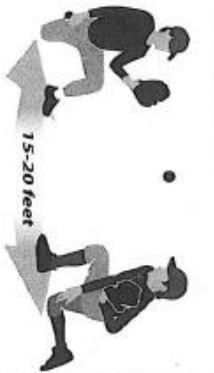
- **Line them up:** Players line up in outfield.
- Hit ball to first player.
- Player charges in and must scoop ball on the run and make throw.
- **Key Point:** Teaches players to attack ball when runner is trying to score.
- **Variation:** Younger players can use drill to learn to change slowly-hit balls.
- **Make it a Game:** Put basemen between 2nd and 3rd. See if they can score.

KNEEL THROW

Arm strength, throwing motion

1/G/T

OUTFIELD



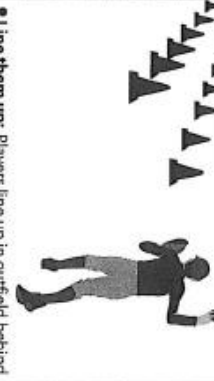
- **Line them up:** Players line up in outfield with partners 15-20 feet apart.
- Players kneel with glove-side knee up.
- Play catch using only upper-body.
- **Key Point:** Players must rotate upper-bodies for proper throwing mechanics.
- **Make it a Game:** See which pair can catch most in a row.

DISTANCE THROW

Arm strength, throwing accuracy

6/T

OUTFIELD



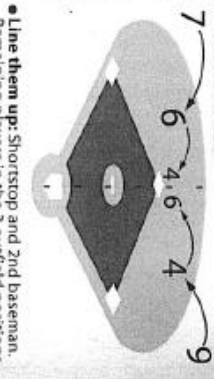
- **Line them up:** Players line up in outfield behind right field line.
- Place cones, caps or other equipment on grass forming line about 10 yards wide.
- Players take turns throwing their farthest. Ball must land within boundaries.
- **Key Point:** Simply throwing far is useless without accuracy.
- **Make it a Game:** Run a "Distance Throw Champion" competition.

CUTOFFS

Getting ball into infield

6/T

OUTFIELD



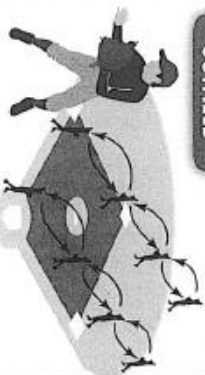
- **Line them up:** Shortstop and 2nd baseman. Remaining players in the 3 outfield positions.
- Hit ball to outfielder in left. Shortstop runs out halfway between outfielder and base with hands up, calling for ball.
- Outfielder throws to shortstop, (cutoff man), who throws it in to 2nd base.
- **Key Point:** Balls hit to left side of field are shortstop cutoff. Balls hit to right side belong to 2nd baseman.
- **Make it a Game:** Have outfielders move to infield and vice-versa.

RELAY DRILL

Foot and glove positioning

OUTFIELD

G/T



- **Line them up:** Divide players into 2 or 3 lines, spread out so it would take long throw to reach nearest player.
- Show players how they should receive throws (above).
- Begin throwing relays from one end of line to other, and then back.
- **Key Point:** Explain that throws should always be to player's glove side.
- **Make it a Game:** Race between lines, down and back. Rotate after each round.

RECEIVER DRILL

Running catches

OUTFIELD

I/G/T



- **Line them up:** Players line up in outfield.
- On "Go!" first player in line runs 10 yards out and then cuts right.
- Coach throws ball out ahead, like quarterback throwing football to receiver.
- **Key Point:** Fast-paced. As soon as ball is thrown, next-in-line is running.
- **Make it a Game:** Mix it up. Throw some short, some over headers' heads, etc...

TEAM FLY BALLS

Catching fly balls, making good throws

OUTFIELD

G/T



- **Line them up:** Two teams in outfield. Player or assistant coach catching.
- Hit fly ball to first player on Team 1.
- Player must catch fly ball, then make good throw in. Repeat with Team 2 and so on, alternating.
- **Key Point:** Throw soft-core or tennis balls to younger players.
- **Make it a Game:** Teams get 1 point for catch and 1 point for good throw. First team to 30 points wins.

STEP BACK

Arm strength, throwing accuracy, catching

OUTFIELD

G/T



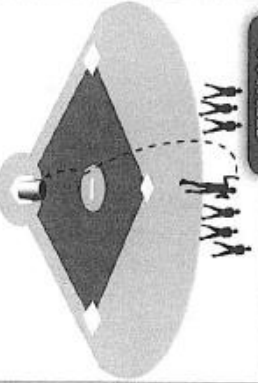
- **Line them up:** 2 lines side-by-side in outfield, with partners 10 yards apart.
- On coach's command, players simultaneously throw to partner; Partner returns the throw.
- Each team successfully making both throws and catches take 1 step apart. Teams that missed sit down.
- Continue on, spreading farther apart, until only one pair remains.
- **Key Point:** All players must have properly warmed up arms prior to this drill.
- **Make it a Game:** Switch partners and play again.

STRIKE AT HOME

Making good, low throws

OUTFIELD

I/G/T



- **Line them up:** All players to centerfield.
- Place ball bucket or equipment bag on home plate.
- Players take turns trying to throw ball that hits object.
- **Key Point:** One or even 2-bounce throws are more effective than in air.
- **Make it a Game:** Each player gets 3 throws. 4 best advance to semi-finals, followed by championship.

SHOESTRING DRILL

Changing balls, running catches

OUTFIELD

I/G/T



- **Line them up:** Players form 1 or 2 lines in outfield. One coach for each line kneeling 10-15 yards away, with several baseballs.
- One at a time, players run their fastest towards coach.
- When fielder is approx. 5 feet away, coach tosses ball so that fielder must extend out while running to catch.
- **Key Point:** Players should have to work hard on each catch.
- **Make it a Game:** Give Olympic-style rankings for most spectacular catches.

TURNAROUND

Locating fly balls

OUTFIELD

I/G/T



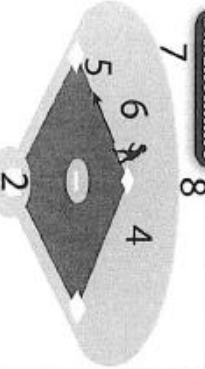
- **Line them up:** Players line up in outfield.
- First player steps forward and turns back toward coach.
- Coach throws high fly ball and says, "Turnaround".
- Player must spin around and look up to make catch.
- **Key Point:** Explain drill properly before 1st time. Younger players can do same drill with grounders.
- **Make it a Game:** Make 2 teams. Count catches.

2ND BASE DECISION

Baserunning decisions

BASERUNNING

I/G/T



- **Line them up:** One player at each infield position. (May choose to omit pitcher and 1st base). 2-3 players take turns running from 2nd. Divide remaining players equally between left field, center, and right field.
- Throw fly balls and ground balls, (base hits) to various locations in outfield.
- Runner at 2nd decides whether to score, lay-up, or get back to base.
- **Key Point:** Vary action between fly balls and base hits, both shallow and deep.
- **Make it a game:** Safe at home = 2 points, safe at 3rd = 1, minus 2 if out.

BEAT 'EM HOME

Baserrunning on flyballs

6/T

BASERRUNNING



- **Line them up:** One catcher, one 3rd baseman. Remainder take turns running at 3rd or playing left field.
- Coach hits fly ball to left fielder. Runner at 3rd gets off base a few steps as ball is in air.
- If ball is caught, runner re-touches base and goes home. Ball not caught, runner goes straight home.
- Fielder throws home, trying to get runner out.
- **Make it a Game:** Keep track of runs scored and outs made.

4-3-2-1

Baserrunning, conditioning

1

BASERRUNNING



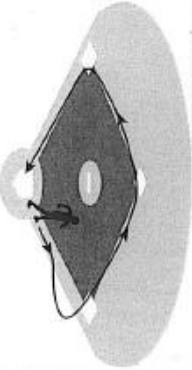
- **Line them up:** All in line behind home plate.
- All players run 4x to 1st, 3x to 2nd, twice to 3rd, then once all the way around.
- **Key point:** Next-in-line goes when runner in front is halfway to 1st.
- **Make it a game:** Player misses base or slows down, team starts over (advanced).

HOMERUN SPRINT

Baserrunning speed, technique

1/6/T

BASERRUNNING



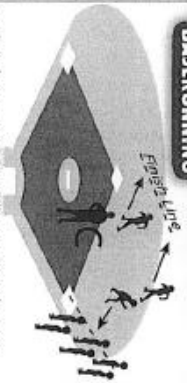
- **Line them up:** Players line up behind home plate.
- Time each player running all the way around bases.
- Players should work on hitting inside corner of each base.
- **Key point:** Emphasize importance of arc before 1st (illustration).
- **Make it a Game:** Create 2 equally-matched teams, timing each in relay race.

GO OR GET BACK

Getting good jumps off base

6/T

BASERRUNNING



- **Line them up:** 2-3 equally-numbered teams lined up on outfield foul line. Create "finish-line" 20-40 yards away.
- Foul line is base. First player from each group takes a lead-off.
- From stretch, coach simulates throw home or foul line to 1st. On "Go!" they dive back to line.
- **Key point:** "No head-off" divisions. Runners practice getting off base after pitch. Coach calls "passed ball" and runners go. "Throw down!" runners get back.
- **Key point 2:** "No stealing" divisions: Work on running on grounders/walking on flies.
- **Make it a game:** Team gets points for first to finish line or back to base.

ROLL THE BALL

Baserrunning, fielding, strategy

1

BASERRUNNING



- **Line them up:** Player at each infield position. Remainder running at home.
- First runner goes to batter's box holding a baseball.
- Player rolls or throws ball somewhere in infield and runs to 1st. Defense tries to make outs.
- **Key point:** Fielders can play anywhere, ball can be thrown anywhere, but must stay infield, or it is an out.
- **Make it a game:** Play like real game. Runners advance, try to score.

DOWN TO FIRST

Running to 1st

1/6/T

BASERRUNNING



- **Line them up:** Players line up behind home plate.
- On "Go!" have them run their fastest to 1st, one after another.
- Encourage players to overrun 1st base and not to leap to base.
- **Key point:** Teach players to glance to right upon hitting bag, looking for wild throw.
- **Make it a Game:** Time players' first trip down, then see how many can improve.

OVERRUN, ROUND OR GO

Three options running to 1st

1/6/T

BASERRUNNING



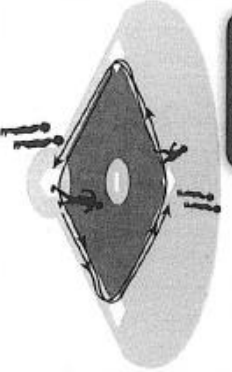
- **Line them up:** All in line behind home plate. One by one, players run to 1st.
- As they approach, coach says either, "Overrun it!", "Round and look!" or "Go!"
- **Option #1:** Overrun 1st on ball hit to infielder.
- **Option #2:** Ball past infielder, take a few strides toward 2nd, then come back. ("Round and look")
- **Option #3:** On a ball past outfielders, run hard to 2nd.
- **Make it a Game:** Use fielders and roll balls to simulate 3 options.

HOME & SECOND RACE

Baserrunning, conditioning

1/6/T

BASERRUNNING



- **Line them up:** Divide group into 2 teams. Half at 2nd, 1/2 at home.
- On "Go" runners race around bases, finishing where they began.
- Relay race: When runner finishes going around, next-in-line leaves.
- **Key point:** Try to divide teams as equally speed-wise as possible.
- **Make it a Game:** Losing team has to do 10 push-ups.

ROUNDING SECOND

Baserunning around 2nd

1/g/T

BASERUNNING



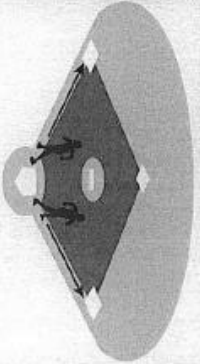
- **Line them up:** All players running at 1st base. Coach at 3rd.
- Runner approaches 2nd base looking at 3rd base coach for instruction.
- 3rd base coach says either, "1" "On the bag," "2" "Round and hold," or "3" "Get here!"
- Runner learns three options: 1) Safely find base; 2) Go a few steps beyond and look for bad throw; 3) Hit bag hard and continue to 3rd.
- **Key point:** Coach accompanies instruction with hand signals, (diagram).

RUNAWAY

Running to 1st

g/T

BASERUNNING



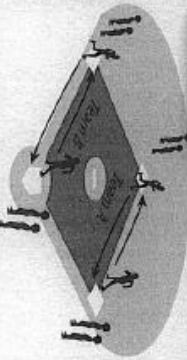
- **Line them up:** Players line up behind home plate.
- Put two players on plate - one facing 3rd base; the other facing 1st.
- On "Go!" players race to their respective bases.
- **Key point:** Players should overrun base to maximize speed.
- **Make it a Game:** Create 2 teams. See which team wins most races.

TWO TEAM SLIDE

Baserunning; sliding; conditioning

g/T

BASERUNNING



- **Line them up:** Create 2 teams. Half of Team A half at 3rd; half of Team B at home.
- Runners from 1st sprint to 2nd. Runners from home sprint to 3rd.
- Relay race. Runners must slide into their bases. Teammate then sprints back, also sliding.
- **Key point:** Next runner cannot go until teammate slides into base.
- **Variation:** Younger players (or indoor), do not have to slide.
- **Make it a Game:** First team with all players finished wins.

SLIDING

Proper sliding technique

1/g/T

BASERUNNING



- **Line them up:** Bring players to outfield grass. Practice sliding into mitt or hat as base.
- Runners should slide on rear end with hands and feet off ground. (diagram)
- Upon landing be sure head is behind belly-button and chin tucked into chest.
- **Key point:** Two coaches can each hold a hand and run alongside novice player to minimize impact.
- **Make it a Game:** Team votes for best slides.