BEAT 'EM HOME
*Baserunning on fly-balls*   G/T

BASERUNNING

- **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.

DOWN TO FIRST
Running to 1st   I/G/T

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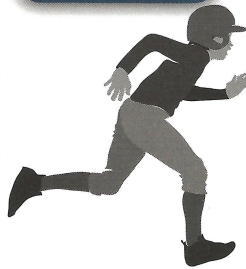
- **Line them up:** Players line up behind home plate.
- On "Go!" have them run their fastest to 1st, one after another.
- Encourage players to overrun 1st base and not to leap to base.
- **Key point:** Teach players to glance to right upon hitting bag, looking for wild throw.
- **Make it a Game:** Time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

4-3-2-1
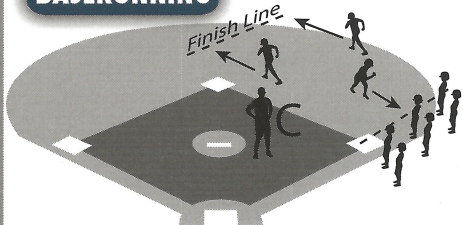*Baserunning, conditioning*   T

BASERUNNING

- **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).

GO OR GET BACK
Getting good jumps off base   G/T

BASERUNNING

- **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 pick-off move to 1st. On throw home, runners race to finish-line. On pick-off, they dive back to line.
- **Key point:** "No lead-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/waiting on flies.
- **Make it a game:** Team gets points for first to finish line or back to base.

HOME & SECOND RACE
Baserunning, conditioning   I/G/T

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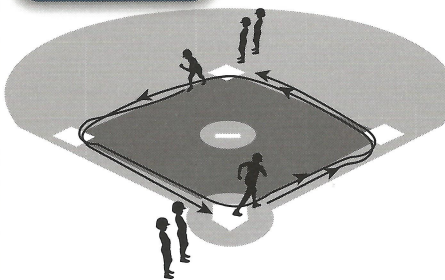
- **Line them up:** Divide group into 2 teams. Half at 2nd, 1/2 at home.
- On "Go" runners race around bases, finishing where they began.
- **Relay race:** When runner finishes going around, next-in-line leaves.
- **Key point:** Try to divide teams as equally speed-wise as possible.
- **Make it a Game:**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

How to Use CoachDeck
Tips to more effectively use the drills in this deck

- **Color-coding:** Each CoachDeck card is color-coded for instant recognition. Gold = infield; Green = outfield; Blue = baserunning; Red= hitting.

- **I/G/T:** I = Individual; G = Group; T = Team. I/G/T/ = Drill can be performed by individual, group or team.

- **Line them up:** Adjust drills for age level. Some drills call for players to be stationed a certain number of feet apart, but you may feel this is too short or too great a distance for your players. Modify as you see fit.

- **Key Points:** The "Key Points" are items you or your players need to know to maximize each drill's effectiveness.

- **Make it a game:** An ordinary drill turns exciting if you can make it into a competition. Nearly every drill in CoachDeck can be performed as a fun game your players will love.

- **Equipment:** CoachDeck drills require no special equipment beyond bats, balls and helmets. However, if some drills are too advanced for players, you may use batting tee. (In T-ball level it is recommended that all hitting drills be done with tee.) Substitute soft-core or tennis balls as needed, depending on player ability, for safety reasons. Stopwatch may be helpful in some drills.

- **No team required:** The majority of CoachDeck drills can be adapted to one-on-one coaching in backyard or park. Fundamental skill taught in each drill is key.