**Run Down Relay Drill**

**By Little League Baseball Camp**

* Run Down Relay Drill
* Use 5 players for drill
* 3 players in one line, 2 players in the other
* Player lines are facing each other about 40 feet apart
* Can use a "pickle" man in the middle for the drill as a part of the run-down
* 3 player line starts the drill by running with the ball held still in the up-position
* Flip throw is made to the first player in the two man line when that player calls "ball" and shows a 2 – handed target to indicate to the run-down partner to make the throw
* Upon receiving the throw, the receiver now begins running hard toward the opposite line to make a correct run-down throw to that partner, thrower peels off to the right and goes to the end of the line
* Drill continues – similar to a relay race – for a designated amount of time set by the coach
* All throws – exchanges must be made when the word "ball" is called out and a 2 – hand target is shown
* If a runner is used, "pickle" the runner should be put-out between the lines and should be forced back to the opposite line of where the ball started