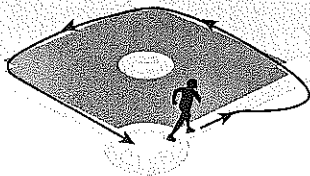


HOMERUN SPRINT

Baserunning speed, technique

I/G/T

BASERUNNING



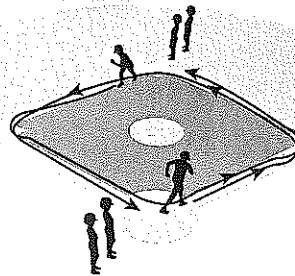
- **Line them up:** Players line up behind home plate.
- Time each player running all the way around bases.
- Players should work on hitting inside corner or each base.
- **Key point:** Emphasize importance of arc before 1st (illustration).
- **Make it a Game:** Create 2 equally-matched teams, timing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

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

Base running

OVERRUN, ROUND OR GO

Three options running to 1st

I/G/T

BASERUNNING



- **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.

ROLL THE BALL

Baserunning, fielding, strategy

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BASERUNNING



- **Line them up:** Player at each infield position. Remainders 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