



Team Baserunning

Skill Set: Base Running

Difficulty Level: Easy

Number of Athletes and Coaches: Full defense, 3-4 players as baserunners, coach

Average Time to Complete: 20 minutes

Equipment Required: Field, balls, bat, helmets, gloves

Goal: Work on defensive and baserunning situations with baserunners on base

Description of the Drill:

- Have players go to defensive positions so there is a full defense on the field
- Coach sets up at home plate with a fungo or bat and bucket of balls
- Runners on the bases wearing helmets
- Coach decides on and calls out the situation, ex: one out, runners on 1st and 2nd
- Catcher or another coach delivers a soft toss pitch from the side to the coach with the fungo, coach hits the ball to provide live reads for the defense and base runners
- Defense will play the situation the coach determines
- Once the play is finished, defense and base runners reset for next situation
- Each player rotates through the line so that they each round 1st base 5 times

Layout of Drill:

