

Drills: Bobble and Go!

Goal:

To teach base runners to be aggressive and take an extra base when outfielders mishandle a ball

Description:

Set up bases as shown in the diagram. Three players are in left field, and the remaining players form two lines. One line is at home plate along the foul line facing first base and the other is 30 feet closer to the base. You stand at home plate and hit ground balls to the outfielders in left field. When you hit the ball, both lines of players run to their first base and round the base aggressively. If the outfielder cleanly fields the ball, the runners return to their first base. If outfielder bobbles the ball, runners immediately plant and hustle to their second base. Players return to the end of the line after completion. You should signal the outfielder to field or bobble the ball.

