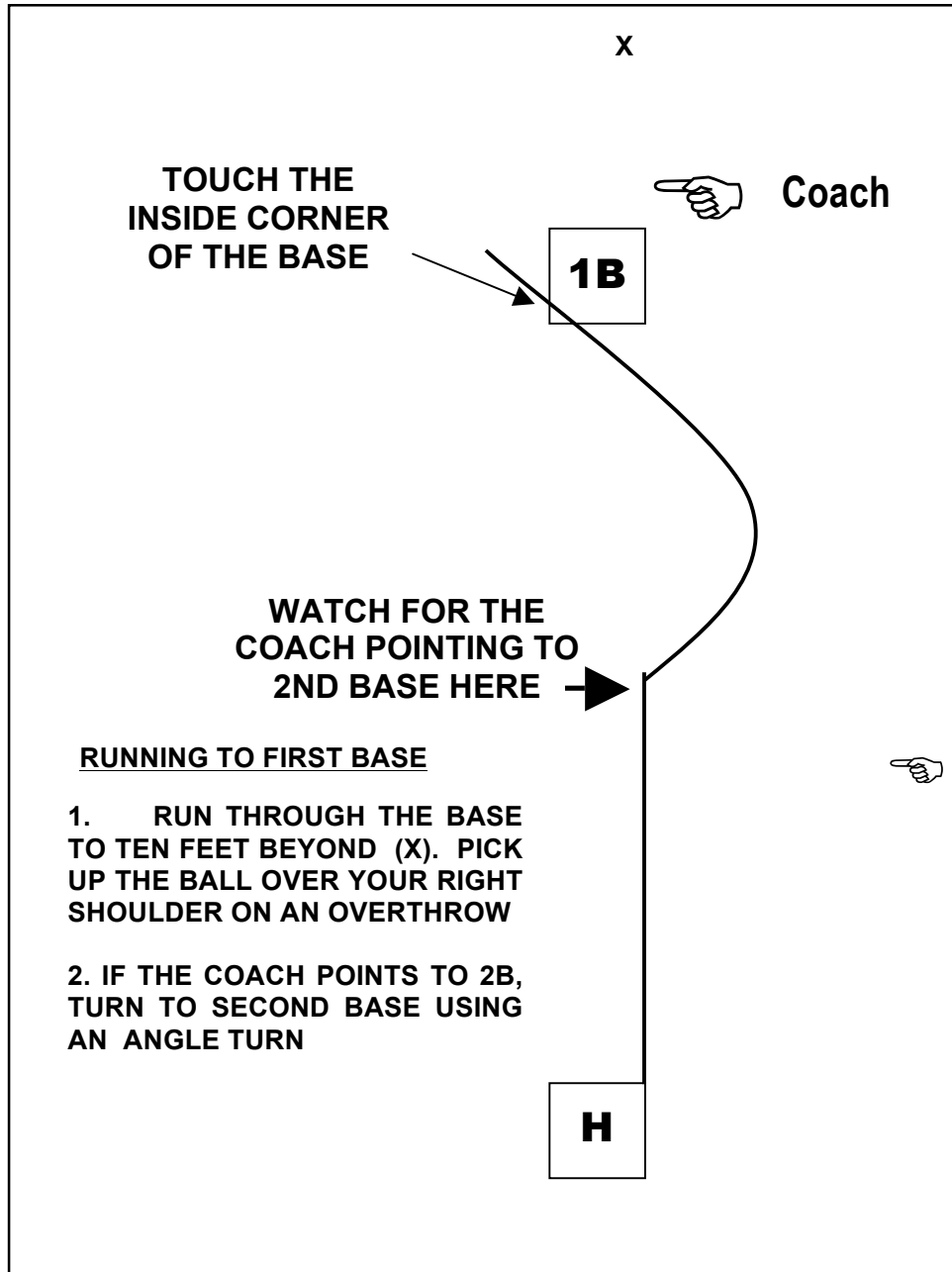


BASE RUNNING DRILLS



This is a great drill for a warm up for practice. Use it both to teach and to practice. We do three cycles:

1. Run through the base as if beating out an infield hit. Stress running through the base to the "X". Also, have a coach with a ball down the RF line. If the runner sees the ball continue on to 2B. IF the runner doesn't see the ball return to 1B. (Pick up an overthrow)
2. Run to 1B, take a turn and pick up the ball in the outfield. (Coach holds the ball)
3. Running to 1B, coach points to 2B and runner runs hard to 2B.
4. After each cycle runners return to the end of the line at home plate.