WESTERVILLE YOUTH BASEBALL AND SOFTBALL LEAGUE

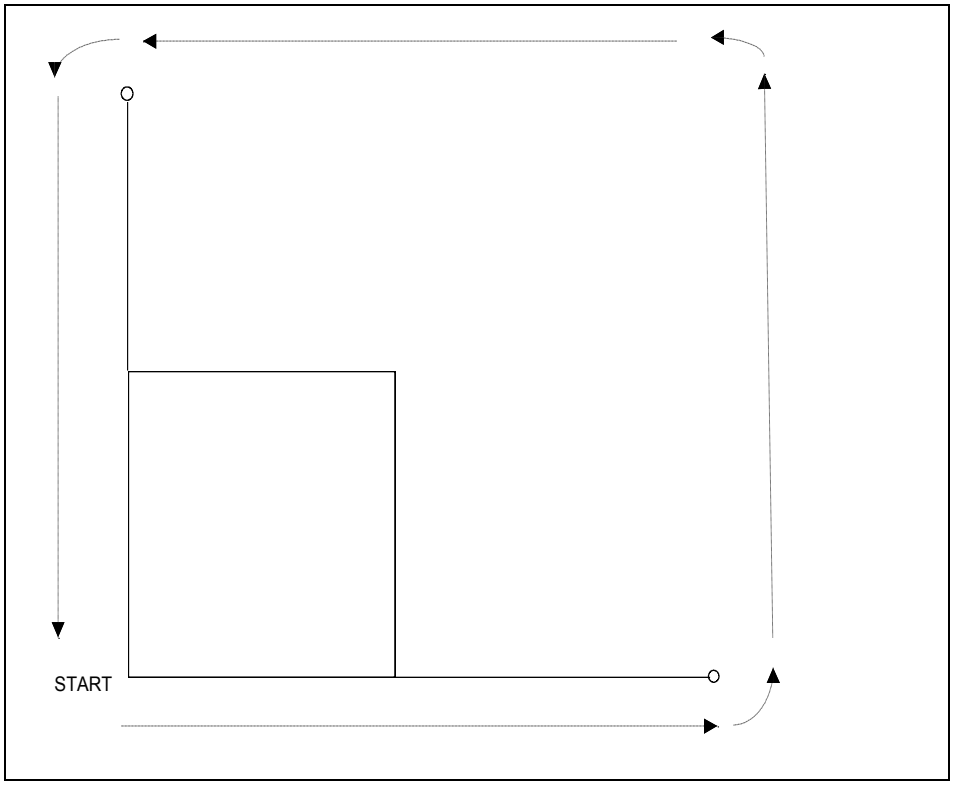
Serving our Community's Young People Since 1951

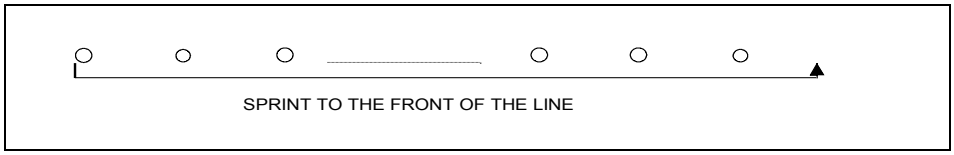
P. O. Box 1198
Westerville, Ohio 43086-1198

RUNNING RELAY

Running and conditioning drill

Especially good early in the season or as a warm up for a practice or a game





The entire team jogs in single file - about half speed.

The last player in line sprints to the front of the line

Then the next player sprints to the front of the line.

The drill is complete when every player has sprinted to the front as many times as specified.