

Fun Baserunning Drills

Baserunning Relays

Age Appropriate

Grouping 1, all ages

Objective

To learn how proper turns at each base can help players get to their destination faster

Setup

Field with bases (preferably pegged bases), a stopwatch

Execution

Have groups of two or four players compete by running around the bases to see who can finish with the fastest combined time. One player circles the bases, and then as soon as he or she touches home plate, the next player in the group starts. You'll find that the groups that run the bases the best fundamentally can and will beat the groups with the faster players. You can use cones to show the path for the proper turns at each base.

