

## Fun Baserunning Drills

### Head to Head

#### Age Appropriate

Grouping 1, all ages

#### Objective

To demonstrate that the fastest player isn't always the best baserunner; to understand how to make a proper turn when going from home to second and second to home

#### Setup

Field with bases (preferably pegged bases)

#### Execution

One player starts at second, and the other starts at home. The coach stands on pitcher's mound and yells, "Go!" Player from second is simulating scoring on a hit. Player at home simulates running out a double. Whoever gets to his or her destination first wins. Point out players who adhere to proper fundamentals when running the bases well.

