

BASES LOADED FORCE-OUT AT HOME

PURPOSE

To develop defensive tactics for making the force-out at home plate with two outs and the bases loaded

EQUIPMENT

One baseball, a bat, gloves

TIME

4 to 6 minutes, rotating pitchers

PROCEDURE

1. Set up a complete infield, including the pitcher and catcher, and place runners at each base, including home plate.
2. The coach stands in the batter's box and hits a slow ground ball to the pitcher.
3. The player on home runs out of the batter's box toward first base.
4. Where and how the pitcher fields the ball determines whether he should make the force-out at home or not.

KEY POINTS

There is a force-out at every base when the bases are loaded. In a bases-loaded situation with two outs, players are usually taught to make the throw to first base; however, in some situations, that may not be the easiest throw to make.

1. Pitchers should throw the ball to the catcher underhanded for the force-out at home if they have fielded the ball cleanly and their momentum takes them toward home plate.
2. The pitcher should aim for the catcher's chest.
3. If a pitcher's momentum takes him all the way to home plate after fielding the ball, he should continue to run home and step on the plate for the out. A pitcher should only run all the way to home plate if he knows he can make the out.

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