

## RELAY HANDOFF

### PURPOSE

To teach the importance of squeezing the baseball in the glove while running

### EQUIPMENT

One ball for each line of players, gloves

### TIME

3 to 6 minutes

### PROCEDURE

1. Divide the team into two (or more) even lines.
2. The first player in each line holds one or two baseballs in the glove.
3. On the "go" command the first player in each line runs to a designated area, turns around, and runs back to his line.
4. After running the course the player hands the baseball to the next person in line. Each person gets a chance to run with the baseball.
5. The first team to finish with the baseball securely maintained in the last runner's glove wins the race.

### KEY POINTS

1. Squeezing the ball in their gloves ensures that players don't drop the ball in an intense game situation such as a rundown.
2. Coaches may try two baseballs per line, instead of just one, to speed up the drill.
3. Runners must hand, not throw, the ball to the next person in line.

### Variation

Players can also run with the ball in their bare hands.

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