Drills

3, 2, 1 Run

Another game I like is called "3, 2, 1, Run." In this game, again divide the team up into two teams. One team is at bat and one team is lined up behind 3rd base.

Take three balls and line them up at intervals of about 5-7 feet apart from 3rd base toward home plate. They should end about half way between 3rd base and home plate. The team at home is called Team 1 and the ones on defense are Team 2.

Have the 1st player from Team 2 stand on 3rd base with her glove while the 1st player from Team 1 is at home plate. When the coach says, "Go", the defensive player must run to the 1st ball, pick it up and make a throw to a teammate standing at 2nd base (I have a bucket there to drop the balls into), then go to the 2nd ball and do the same thing and on to the 3rd ball. The player at home starts running at the sound of "Go" and runs to 1st base and on to 2nd.

The object of this game is to throw all three balls to the defensive player at 2nd base before the offensive player gets there. This is a LOT harder than it sounds, but it teaches making fast, accurate throws while under pressure.

After all members of each team have had a turn, switch places. You may have to adjust the distance between balls to make it fair for each team.

4.4 Dirt Ball

This drill teaches players to react to a bad pitch when they are on base.

What you need – Put runners on all three bases. The coach will be on the pitching mound.

How this drill works – Each base runner reacts differently when the pitcher throws the ball to home

plate. The runners need to read the way the ball is approaching the plate in order to get the best

jump on a possible passed ball.

At first base, the runner should go if the ball is in the dirt. On second base, the runner needs to take

a good lead, and then decide if they can make it to third. If the ball gets past the catcher, then they

should be on their way. On third, the only way the runner should go is if the ball gets past the catcher.

When the ball is pitched in the dirt, the entire team should shout out “DIRT”.

Result – Your