

Fielding

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Name of Drill: Beat the Runner.

Equipment Needed: Balls, helmets, bases.

Explanation: Break your team up into groups of four. One team is in the field with a player at each base (defensive team). Another team is on offense with helmets on. Any other teams are off to the side waiting for their turn and cheering on their teammates. The object of the drill is for the defensive team to throw the ball around the bases (H-3B-2B-1B) twice before the baserunner can run around the bases once.

The runner and the ball begin at homeplate. On the coach's command, the runner starts around the bases (1B-2B-3B-H), and the ball is thrown around the horn. If the defense beats the runner (may make it a tag play or a force out), then they receive a point; if the offense beats the defense then they get the point. All four players should run, then the teams rotate. Each team should play offense and defense at least once. Keep track of points.

This is a fun, enthusiastic way to end a practice.

