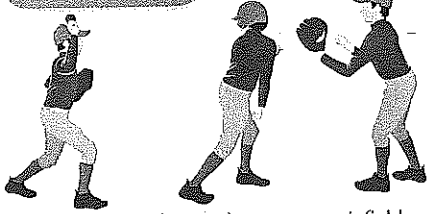


## PICKLE DRILL

Run-down situations, baserunning

G/T

### INFIELD



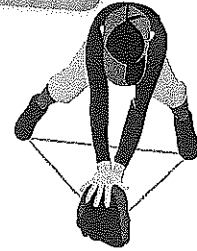
- **Line them up:** Place a player at every infield position, including pitcher and catcher. Remaining players are baserunners.
- Runner rounds 1st and goes halfway to 2nd. Coach throws ball from right field to shortstop or pitcher. Runner is now in a "Pickle".
- Fielders try getting runner out with fewest throws necessary.
- **Key Point 1:** Teach "Follow your throw." After you throw, take place of player who caught it.
- **Key Point 2:** Run at baserunner before throwing. Runner is always chased back to smaller base.
- **Make it a Game:** Also play between 2nd/3rd/home. Points for safe/out.

## TRIANGLE DRILL

Proper feet and hand positioning

I/G/T

### INFIELD



- **Line them up:** Two rows of players on infield, directly across from a partner, (10-20 feet, depending on age level)
- Draw a triangle in front of one player's feet.
- Show players how they must keep feet apart and hands out front for a triangle to stay intact. Players begin rolling grounders to each other.
- **Key Point:** When ball is rolled to either side, players must move feet and get in position so triangle moves to ball
- **Make it a Game:** Players quickly roll each other grounders. First team to 20 wins. Balls fielded without proper triangle don't count.

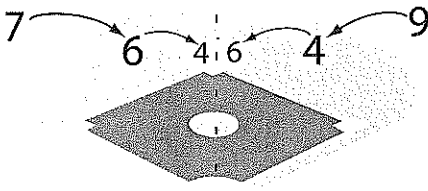
Infield & Outfield

## CUTOFFS

Getting ball into infield

G/T

### OUTFIELD



- **Line them up:** Shortstop and 2nd baseman. Remaining players in the 3 outfield positions.
- Hit ball to outfielder in left. Shortstop runs out halfway between outfielder and base with hands up, calling for ball.
- Outfielder throws to shortstop, (cutoff man), who throws it in to 2nd base.
- **Key Point:** Balls hit to left side of field are shortstop's cutoff. Balls hit to right side belong to 2nd baseman.
- **Make it a Game:** Have outfielders move to infield and vice-versa.

## DISTANCE THROW

Arm strength, throwing accuracy

G/T

### OUTFIELD



- **Line them up:** Players line up in outfield behind right field line.
- Place cones, caps or other equipment on grass forming lane about 10 yards wide.
- Players take turns throwing their farthest. Ball must land within boundaries.
- **Key Point:** Simply throwing far is useless without accuracy.
- **Make it a Game:** Run a "Distance Throw Champion" competition.