



# 60 Minute Practice - Base Running & Defense

Required: 2 coaches, balls, bats, helmets, bases, cones

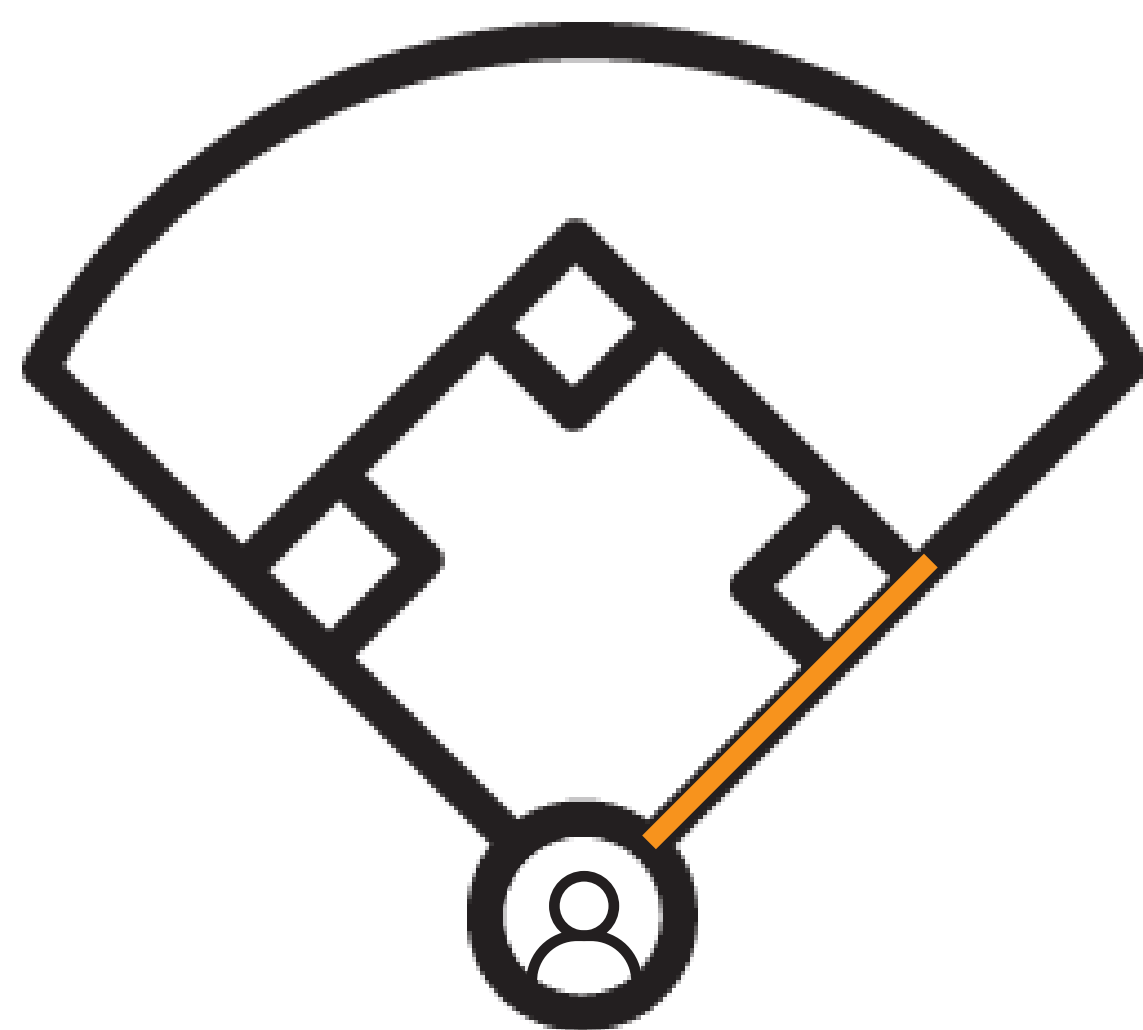
Difficulty Level: Beginner/Intermediate

## Base Running: 20 Minutes (Full-Team)

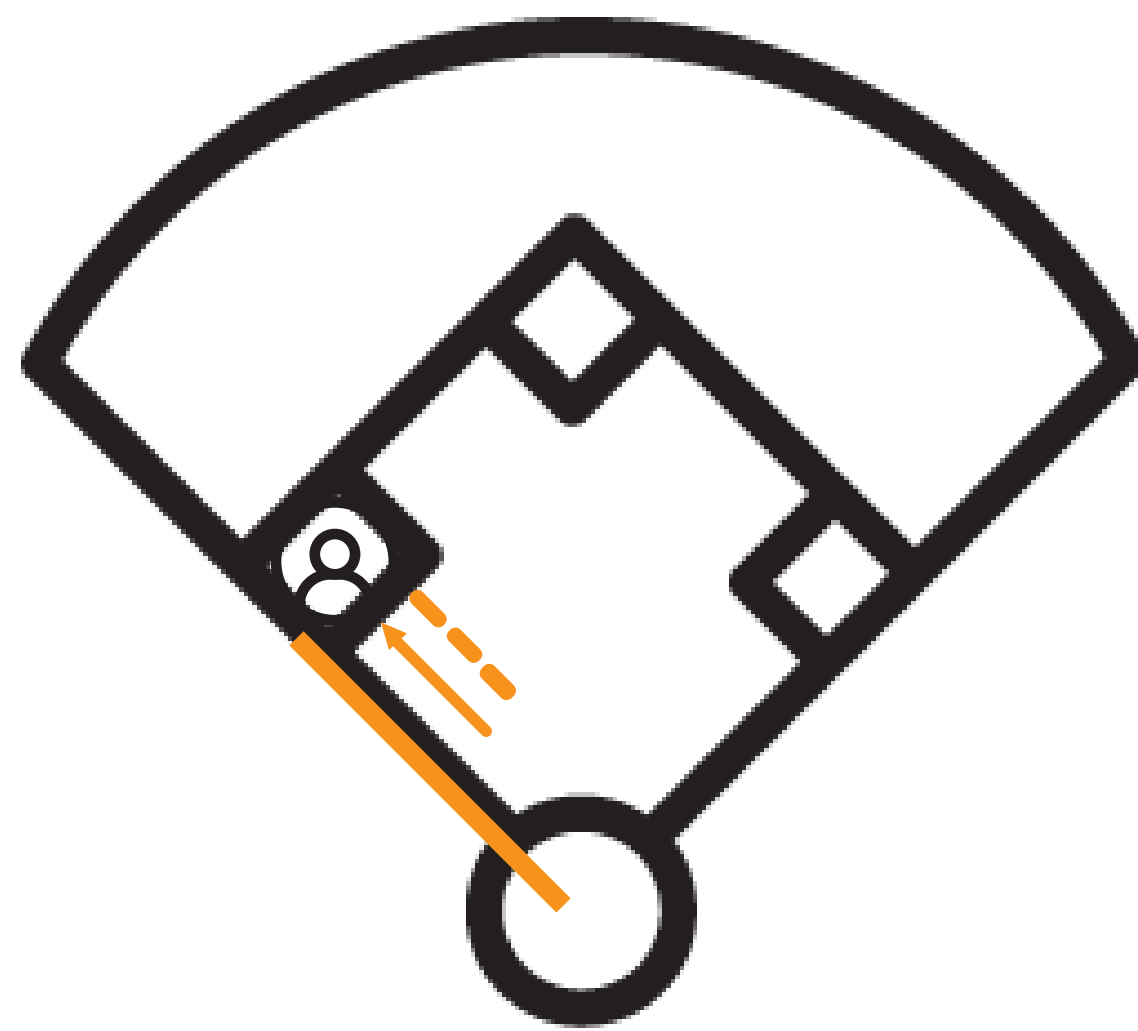
### Base Running Fundamentals

**Setup:** place cones in the running lanes for players to follow

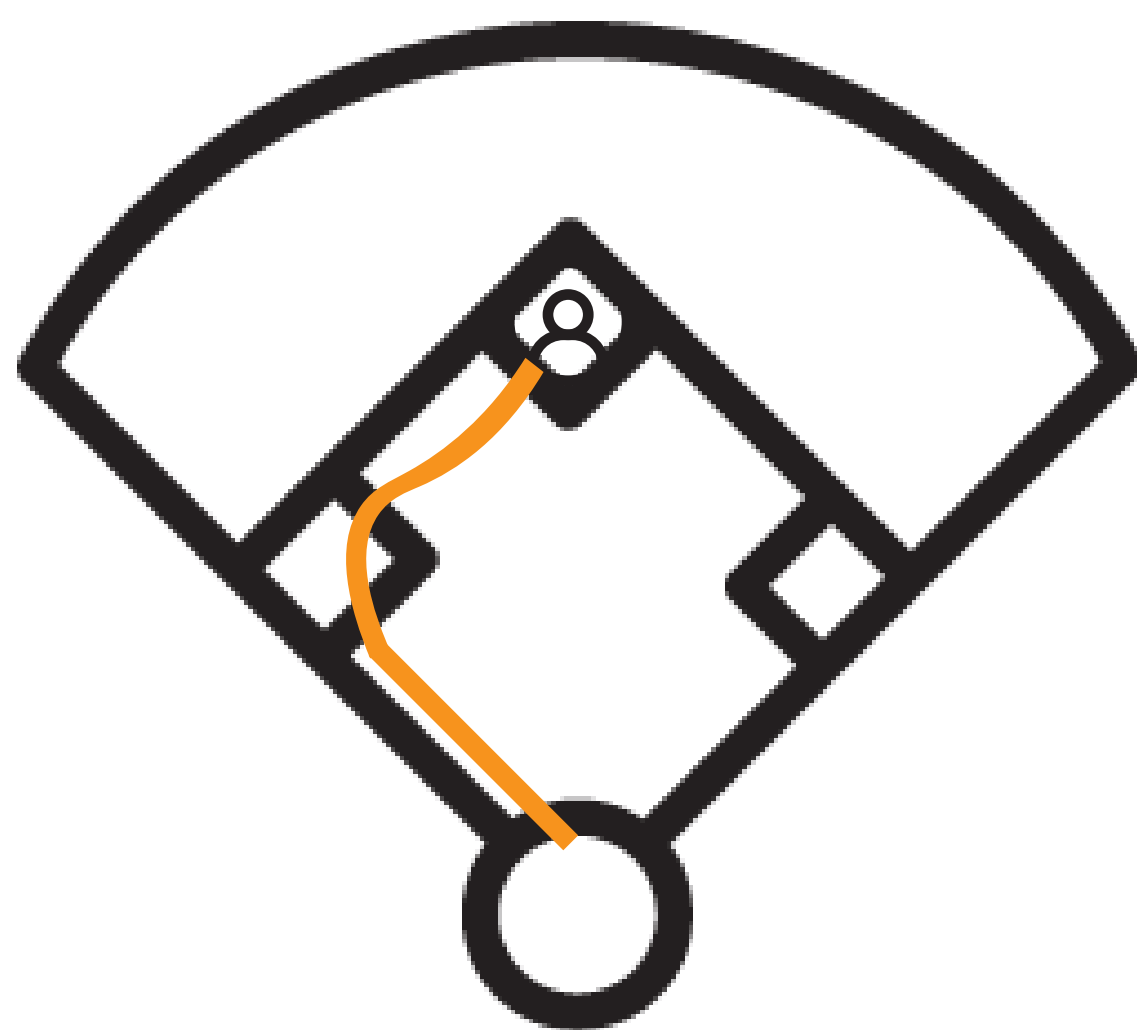
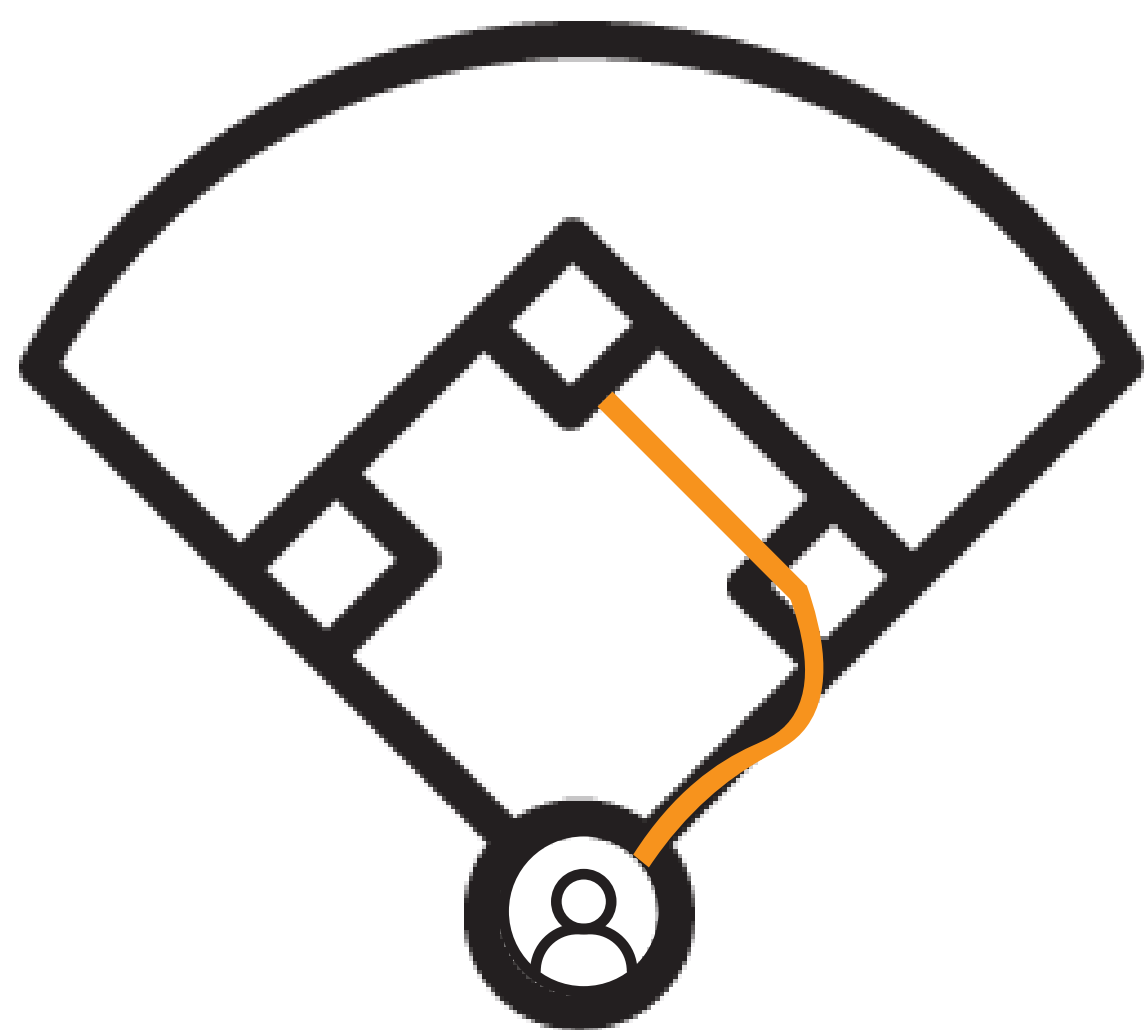
[Start at home plate] **Round 1:** Infield Hit    [Start at first base] **Round 2:** 1st-to-3rd    [Start at third] **Round 3:** Sacrafice fly



[Start at home plate] **Round 4:** Double

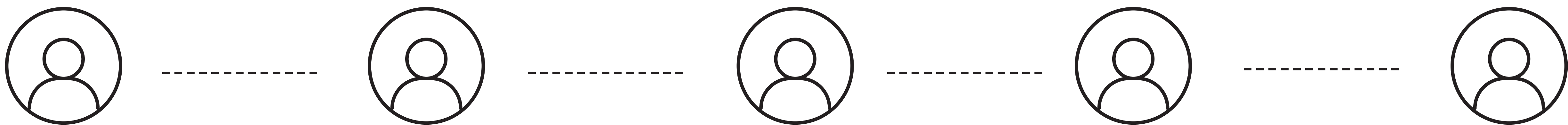


[Start at 2nd base] **Round 5:** Score from second



## Defensive Throwing Relays: 20 Minutes (Full-Team)

**Setup:** create multiple lines of players 4-5 players per team. They will throw the ball down the line. Their focus is to make sure they're positioning themselves for the throw, receiving it correctly, and moving while they throw to the next player in the relay.



**Goal:** Get the players to be able to relay the ball as quickly as they can.

## Game Preparation: 20 Minutes (Full-Team)

Full infield and outfield defense with runners (get more scenarios with cuts and relay throws)

**Setup:** Divide your players into four infielders, a catcher, three outfielders, pitcher, and runners. If you don't have a full infield, setup cones like and infield

This is a defensive scrimmage. Work on the situations that your defense needs to work on. Put your runners in different positions with various scenarios. Your goal is to see how your defense moves and shifts with each play. Be conscious of the players who are not involved with the play. Are they moving? Where are they moving? Is it correct or incorrect? Also, find scenarios for cut-offs and relays.