











Drill #7: Gas Out Drill

Legend:

-  Cone
-  Bucket
-  Athlete
-  Ball
-  Direction of Athlete
-  Hitting Screen
-  Direction of Ball
-  Coach
-  Tee
-  Protection Screen

** Water Break & re sanitation time 2-5 Min

Gas-Out Drill - ensuring social distance requirements use cones for visuals and when players can leave

Equipment Needed: Helmets, Bases, Cones

Skill: Technical Base Running, Sliding, Conditioning & Tactical offense- Pick up the coach on signals

Level of Skill Development: Refinement

Objectives: 1) Working on refinement of our base running & sliding/diving, especially our turns to ensure an efficient running path with J Turns & ? mark turns

2) Great conditioning drill that also utilizes the time to work on the technical aspect of base running.

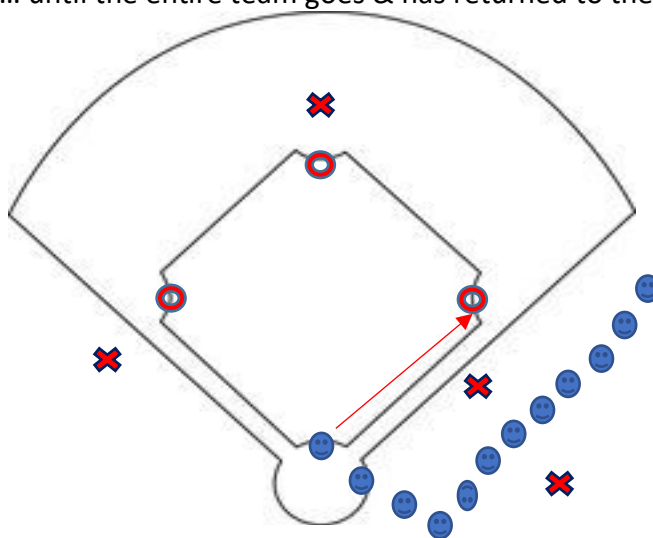
3) Test of not only physical but mental aspect of base running, as they get tired, they need to dig deep to stay focused on the technical base running objectives

Teaching Points: 1) Ensure that the Athletes are rounding & running through correctly. Set up cones and ensure the athletes hips are staying on the inside of the base and the cone on the turns.

2) Have the Athletes get up and out of the slides/dives as if it is game like with a tag on

3) Make sure the athlete is picking up the signals at the correct time.

Explanation: Team will line up behind home plate: 1) 1st runner will start in the batters box - they will run through 1st base & jog back to the end of the line behind home plate. As soon as the 1st runner hits the base the next runner goes... until the entire team has run through first base. 2) Then they repeat with rounding 1st base & jogging back... until the entire team goes & has returned to the line at home. 3) Then they run as if they have hit a double with sliding at 2nd base & jogging back... until the entire team goes & has returned to the line at home. 4) Then they run as if they have hit a triple with diving at 3rd base & jogging back to the line... until the entire team goes & has returned to the line at home. 4) Then they run as if they have hit a Home Run with sliding at home & jogging back... until the entire team goes & has returned to the line at home.



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