

# BASERUNNING STATION



## Defensive Drill #6

2020 revision: 6ft between each player. Outdoor drill with pegged bases. Coaches to be positioned 6ft back from the bases.

### Dragon Race with a twist!

Equipment: 3 bases, 1 home plate

Split group into two teams

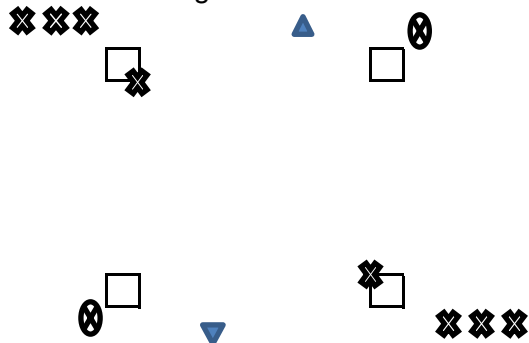
1st team lines up at 2nd base - 2nd team lines up at home

Players will race around the bases until all have gone through (if uneven 1 to run 2x)

the twist! - at 3rd base and at 1st base the runners must round the base, jam, return and tag up then continue on to next base. Each runner will do it both times

The ones starting at 2nd will do it at 3rd base then again at 1st base

The ones starting at home will do it at 1st base then again at 3rd base



SAFETY: make sure that someone is securing the base from the outside corner (standing on it) this will also force the girls to take the inside corner

**KEY POINTS:** that they are watching the base coach at each base

they are hitting inside corners of bases and they are jamming at right distance not too far or close

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