

Base Chase Relay

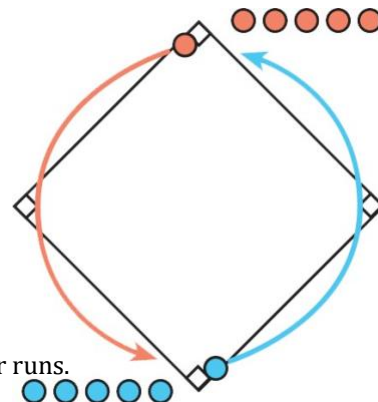
Purpose: Base-Running

Equipment: Baseballs, Colored Disks, Cones

Set-up: Baseball Diamond

Execution:

- Break players into their Batman & Superman teams
- One team lines up behind second base. The other team lines up behind home plate
- On the whistle, first player from each team runs all the way around the bases
- Second players stand with their foot on the base, ready to run
- When the first player touches the base the second player is standing on, the second player runs.
- Continue until all players have run
- First team to get all of its players around the bases wins.



Focus Points:

- Out of the Box – Card 20
- Making the Turn – Card 22

BASERUNNING
OUT OF THE BOX

Once you've made contact, your focus shifts immediately to getting to first base.

As you finish your follow-through, ❶ your weight should be mostly on your front foot. Lean toward first and ❷ drive the knee of your back leg up to your chest as you push off with your front foot. ❸ Getting low with a good body lean will enable you to reach full speed quickly and beat out hits which might otherwise be outs.

Good balance helps you hit better and get out of the batter's box more quickly.

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CARD 20

BASERUNNING
MAKING THE TURN

On a hit to the outfield, ❶ you want to "make the turn" at first base. That sets you up to keep going to second if the opportunity presents itself.

❷ Run outside the foul line as you near first, so you run in an arc past the base.

❸ Touch the inside corner of the base with the edge of either foot.

Then find the ball and listen to your base coach to determine whether to keep going to second or pull up and return to first.

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CARD 22