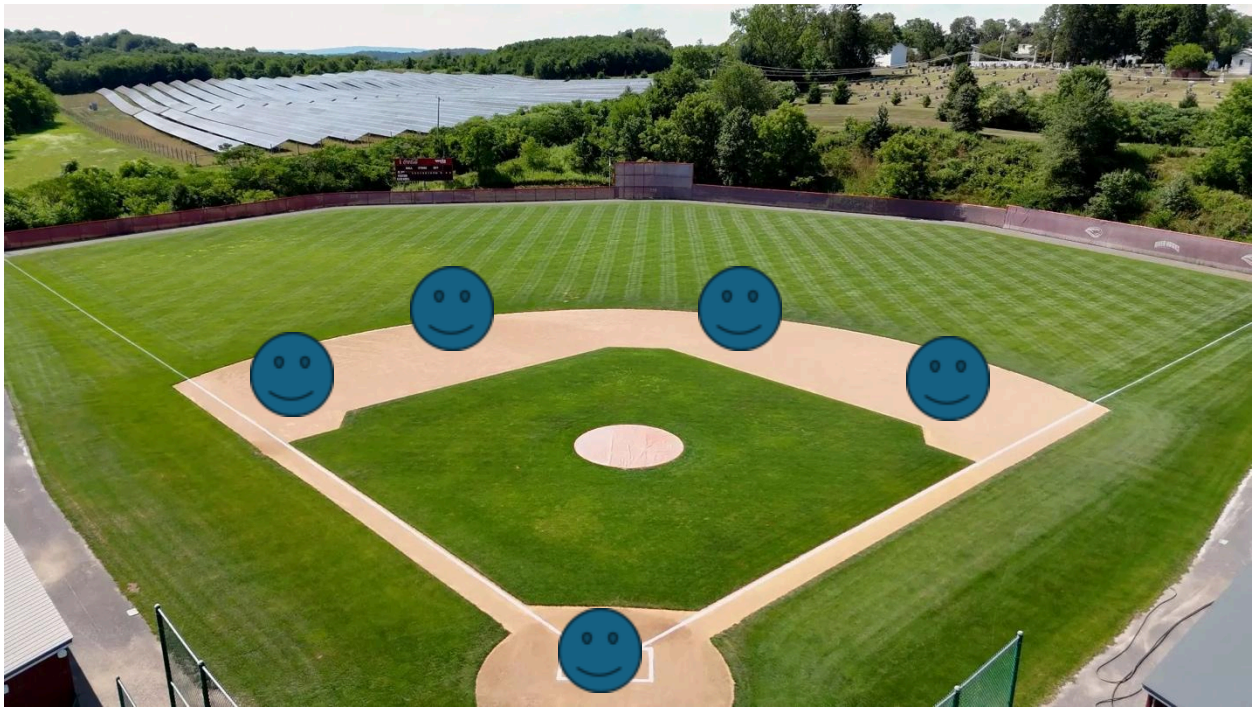
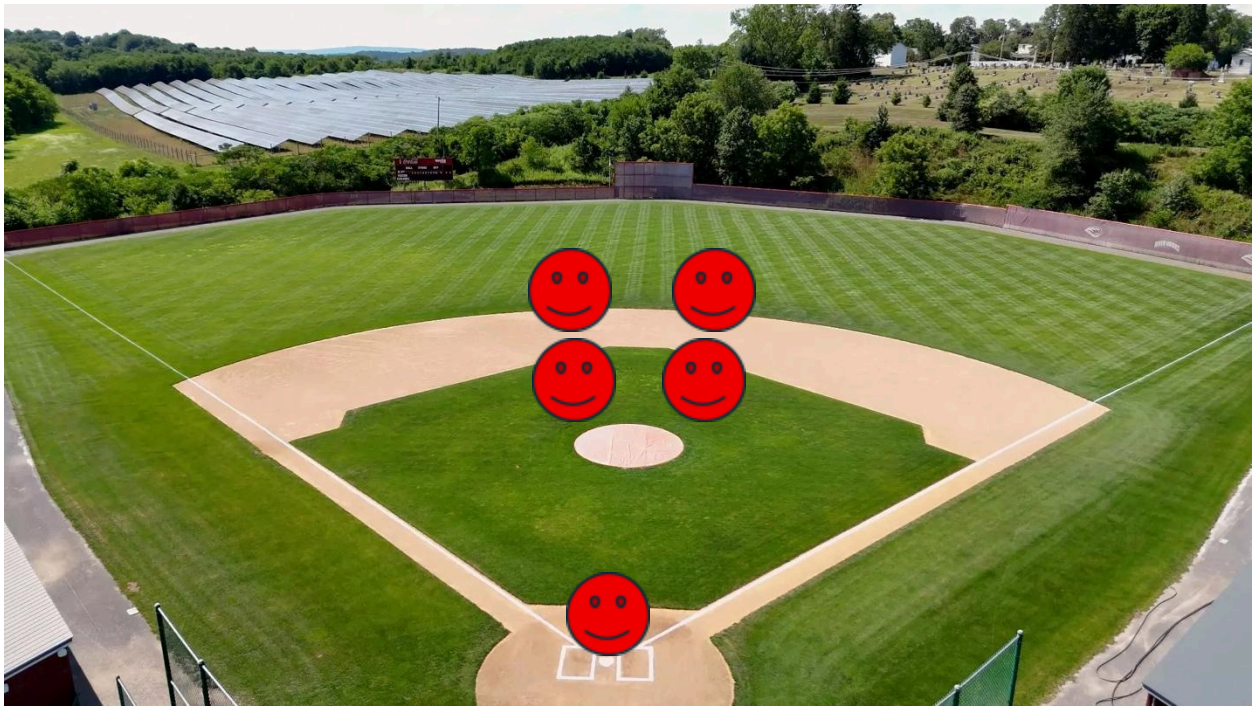
Ball 4 Sprint

Purpose: Fielding

Equipment: Baseballs and gloves

Set Up: No set up, you will use the baseball field





Execution:

- The batter is up with 3 balls in the count.
    - They will stand in the batters box with their bat, but WILL NOT SWING
- Ball 4 is thrown (no matter what the pitch is, for this games sake, it is a ball)
- The catcher will throw the ball down to 2nd base and the batter will drop the bat and start running the bases
- The fielders CANNOT make a play on the batter until all 4 infielders touch the ball.
- As soon as ball 4 is thrown, all 4 infielders should start running towards 2nd base.
- Once the 2nd baseman has the ball, they should be able to quickly toss the ball to another infielder, who should be able to easily toss it to another infielder, who should be able to toss it to the 4th infielder and then make a play on the runner either at 2nd base or between 2nd and 3rd.
    - No toss should be more than 2-3 feet
    - No one should be throwing the ball across the diamond to people!