Drills & Instruction for Coaching Youth Baseball

The Relay Man

The relay man needs to make his presence known to the outfielder by giving a visual target with his hands up, and yell for the ball, *Ball*, *ball*. As the throw is made, the relay man attempts to gain momentum to the base he is throwing and rides the throw for a quicker release.

(pictures 12-1 & 12-2)

Important Points for Infielders

- Get in position early and get hands up to be visible for the outfielder.

12-1: Hand up for target 12-2: Ride the throw

- Let the outfielder make the long throw and be aware if the outfielder is throwing from a dead-stopped po
- if the outfielder is throwing from a dead-stopped position or with some momentum from the play.
- Be ready to move to adjust to the throw. Do not jump for throws. Get the long hop, if necessary, to keep momentum going toward the play.

Cut-off Man

- Cut-off men on a good throw, fake a cut to stop batter/runner.
- Cut-off men should adjust their depth to the arm strength of the outfielder or relay man and position themselves deep in the infield when the arm allows.
- The last point is key. Positioning deep when possible will freeze the batter/runner longer and allow you
 more time to read the play to make a decision about whether to cut the ball, go for the batter/runner or
 let it go.
- If it's a weak throw or off line, go get the ball.

COMMUNICATION OF VERBAL COMMANDS

The player covering the base where the throw is headed communicates to the cut-off man. His decision right or wrong should be emphatic. If the throw is on the money and doesn't need to be cut, the player yells go, go, go loud three times. If the ball needs to be redirected, the call is three, two, one or home—wherever the ball needs to be thrown. When calling out a redirection, it should be said at least three times as well. For example three, three, three, would be the call on a ball being relayed to third base. If there is no play and you want the ball cut and held, then say, *cut*, *cut*, *cut*. The key is to get the players talking and learning to make a decision. Below are the verbal calls in a cut-off situation for big or small diamond.

Terminology

1. *Go, Go, Go!* Let the ball go.

2. *Cut, Cut, Cut!* No play, cut and hold the ball.

3. *One! Two! Three! or Home!* Cut and throw to base called.



SMALL DIAMOND

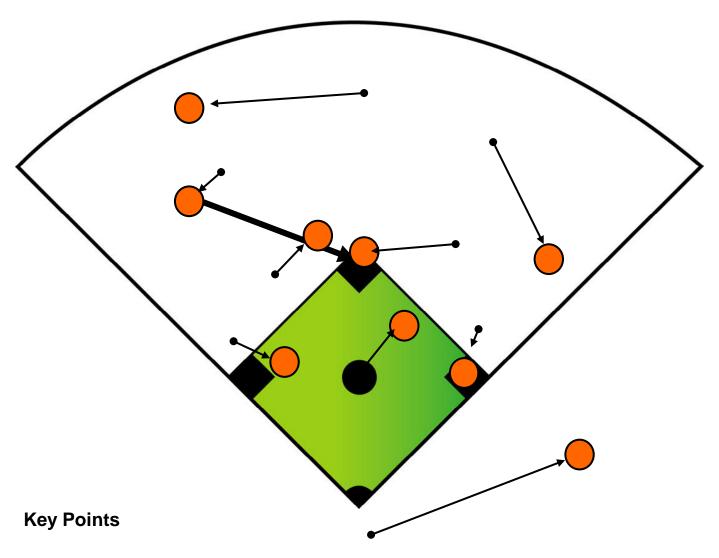
When teaching cut-offs and relays on the small diamonds (fields with 60-foot base paths) there are a few things to look out for. Because the typical fence is set at 225 feet, the relay man should only go out a few feet onto the outfield grass on balls in front of the outfielder. That is about 15-20 feet from the base. Too often the relay man gets way too close to the outfielder. On routine balls to the outfield, have the relay man leave a throwing lane for the outfielder to throw the ball all the way to the bag. Too often we see the outfielder throw the ball to the relay man even though he is only 20 or so feet away. It takes time to relay the ball, which allows the runner a better chance to advance. Get your players used to throwing the ball all the way to the base when they are close enough.

On balls past the outfielder, the relay man will go out further depending on how deep the ball is and should let the outfielder make the longer throw.

Plays develop fast on the small field, so keep it simple by having the pitcher and shortstop due most of the relaying. This is the best approach and, besides, they are usually your two best athletes on the field. It is best to have the ball in their hands when possible. On almost all plays to third base, the shortstop is the relay man. With regards to plays at home, the pitcher is always the cut-off.



Situation: Short single to left field. No one on base.



Pitcher: Move into a backup position behind second base. Do not get in runners way.

Catcher: Follow runner to first base. Be ready to cover first if 1Bman leaves the bag to

back up an over throw

First Baseman: See runner touch first base. Cover first, and be ready to field an overthrow by

left fielder

Second Baseman: Cover second base

Third Baseman: Remain in the area of third base. Be ready for possible deflection

Shortstop: Move into position to be the cutoff man to second base. Assume the runner will

attempt to go to second

Left Fielder: Get to the ball quickly. Field it cleanly, read the way the play is evolving and

either get the ball to the cutoff man or make a firm one-hop throw to second

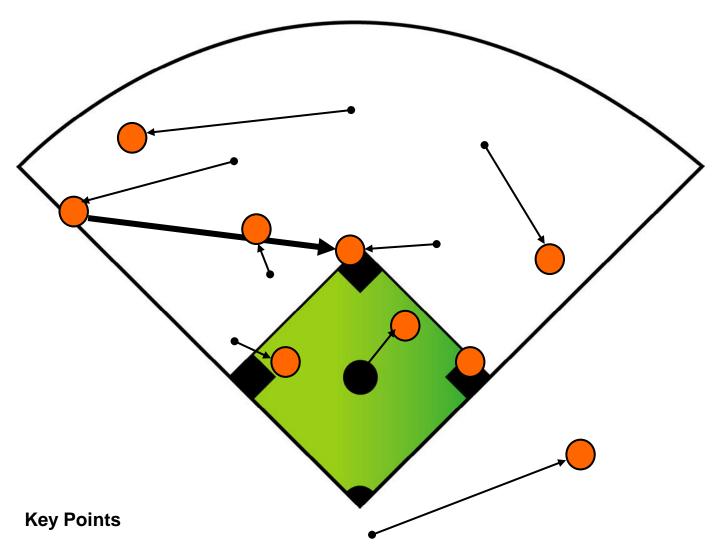
base

Centre Fielder: Back up left fielder

Right Fielder: Move into back up position behind second base. Give yourself enough room to

field an overthrow

Situation: Long single to left field. No one on base.



Pitcher: Move into a backup position behind second base. Do not get in runners way.

Catcher: Follow runner to first base. Be ready to cover first if 1Bman leaves the bag to

back up an over throw

First Baseman: See runner touch first base. Cover first, and be ready to field an over throw by

left fielder

Second Baseman: Cover second base

Third Baseman: Remain in the area of third base. Be ready for possible deflection

Shortstop: Move into position to be the cutoff man to second base. Assume the runner will

attempt to go to second

Left Fielder: Get to the ball quickly. Field it cleanly and make a flat one-hop throw all the way

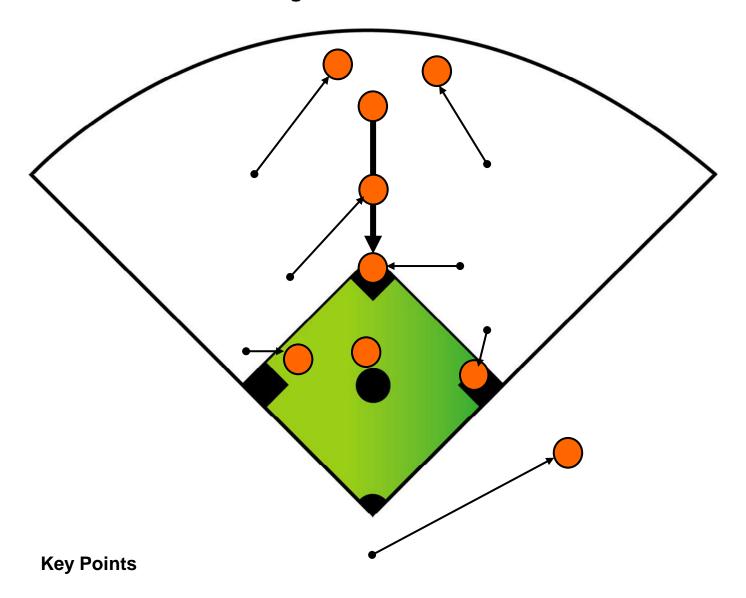
to second base

Centre Fielder: Back up left fielder

Right Fielder: Move into back up position behind second base. Give yourself enough room to

field an overthrow

Situation: Short single to centre field. No one on base.



Pitcher: Move into back up position between the mound and second base

Catcher: Follow runner to first base. Back up first baseman. Be ready for the middle

infielders to throw behind the runner at first, and also to get back to home once

runner is clearly safe at 2B

First Baseman: See runner touch first base. Cover first

Second Baseman: Cover second base

Third Baseman: Remain in the area of third base. Be ready for possible deflection

Shortstop: Move into position to be the cutoff man to second base.

Left Fielder: Back up centre fielder

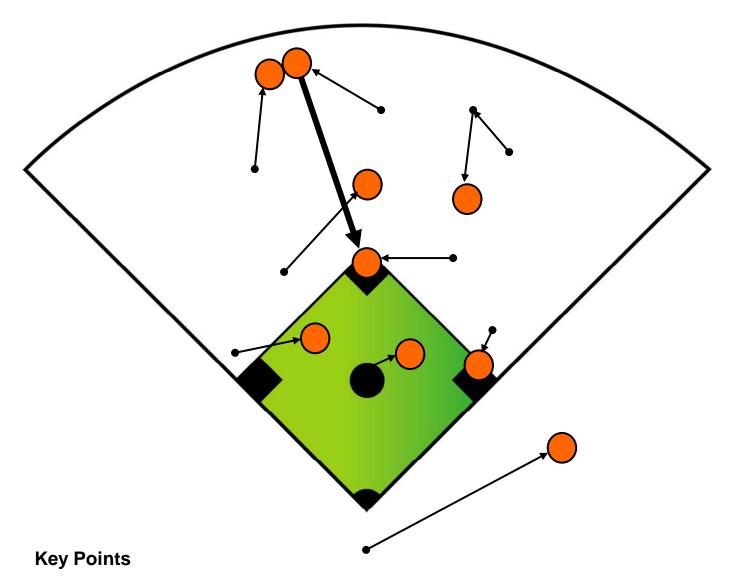
Centre Fielder: Get to the ball quickly. Field it cleanly, read the way the play is evolving and

either get the ball to the cutoff man or make a firm one-hop throw to second

base

Right Fielder: Back up centre fielder

Situation: Long single to left-centre field. No one on base.



Pitcher: Move into back up position between the mound and second base

Catcher: Follow runner to first base. Back up first baseman. Be ready for the middle

infielders to throw behind the runner at first, and also to get back to home once

runner is clearly safe at 2B

First Baseman: See runner touch first base. Cover first

Second Baseman: Cover second base

Third Baseman: Remain in the area of third base. Be ready for possible deflection

Shortstop: Move into position to be the cutoff man to second base. Assume the runner will

attempt to go to second

Left Fielder: Field the ball or back up centre fielder

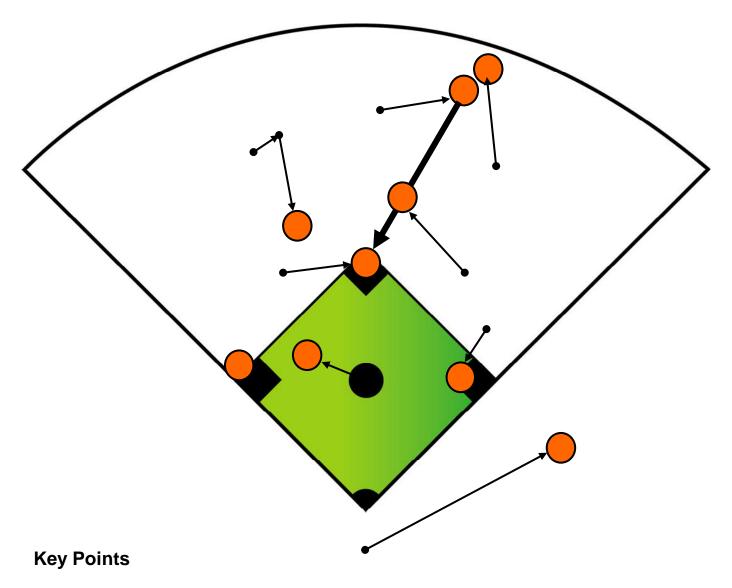
Centre Fielder: Get to the ball quickly. Field it cleanly and make a flat one-hop throw all the way

to second base

Right Fielder: Once you read that the ball is on the left-field side, back up in the vicinity of 2nd

base, for a possible deflection.

Situation: Long single to right-centre field. No one on base.



Pitcher: Move into back up position between the mound and second base

Catcher: Follow runner to first base. Back up first baseman. Be ready for the middle

infielders to throw behind the runner at first, and also to get back to home once

runner is clearly safe at 2B

First Baseman: See runner touch first base. Cover first

Second Baseman: Move into position to be the cutoff man to second base. Assume the runner will

attempt to go to second

Third Baseman: Remain in the area of third base. Be ready for possible deflection

Shortstop: Cover second base

Left Fielder: Once you read that the ball is on the right-field side, back up in the vicinity of 2nd

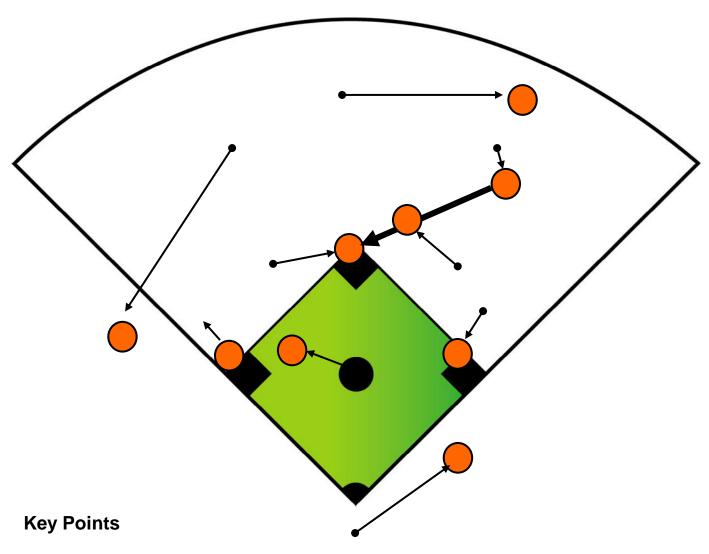
base, for a possible deflection.

Centre Fielder: Get to the ball quickly. Field it cleanly and make a flat one-hop throw all the way

to second base

Right Fielder: Field the ball or back up centre fielder

Situation: Short single to right field. No one on base.



Pitcher: Move into a position on the to back up the throw from the right fielder; be aware

of a possible deflection

Catcher: Follows runner toward first base. Give yourself room to back up the first

baseman if the right fielder throws behind the runner at first.

First Baseman: See runner touch first base. Cover first

Second Baseman: Move into position to be the cutoff man to second base. Assume the runner will

attempt to go to second

Third Baseman: Remain in the area of third base. Be ready for possible deflection / back up

pitcher.

Shortstop: Cover second base

Left Fielder: Move into possible back up position toward third base in line with throw.

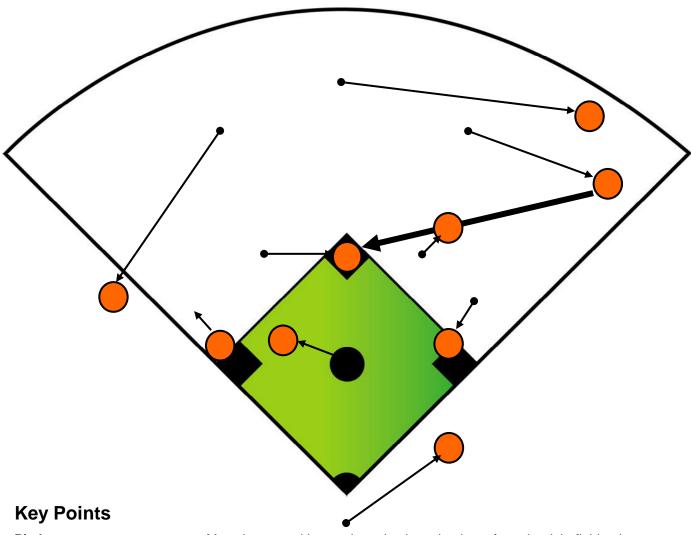
Centre Fielder: Back up right fielder

Right Fielder: Get to the ball quickly. Field it cleanly, read the way the play is evolving and

either get the ball to the cutoff man or make a firm one-hop throw to second

base

Situation: Long single to right field. No one on base.



Pitcher: Move into a position on the to back up the throw from the right fielder; be aware

of a possible deflection

Catcher: Follows runner toward first base. Give yourself room to back up the first

baseman if the right fielder throws behind the runner at first.

First Baseman: See runner touch first base. Cover first

Second Baseman: Move into position to be the cutoff man to second base. Assume the runner will

attempt to go to second

Third Baseman: Remain in the area of third base. Be ready for possible deflection / back up

pitcher.

Shortstop: Cover second base

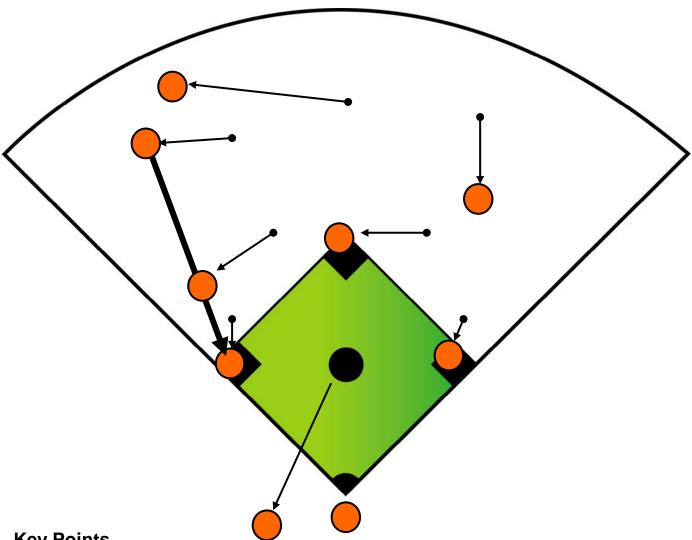
Left Fielder: Move into possible back up position toward third base in line with throw.

Centre Fielder: Back up right fielder

Right Fielder: Get to the ball quickly. Field it cleanly and make a flat one-hop throw all the way

to second base

Situation: Single to left field. Runner on first.



Key Points

Pitcher: Move into a position to back up the throw from the left fielder to third base.

Anticipate errant throw.

Catcher: Remain in the home plate area

First Baseman: See the runner touch first base. Cover first in case of wide turn by batter runner

Second Baseman: Cover second base. Be prepared for a throw behind the runner at second base

from the left fielder or infielder.

Third Baseman: Covers third base

Shortstop: Move into a position to be the cutoff man to third base. Assume the 1B runner

will attempt to go to third.

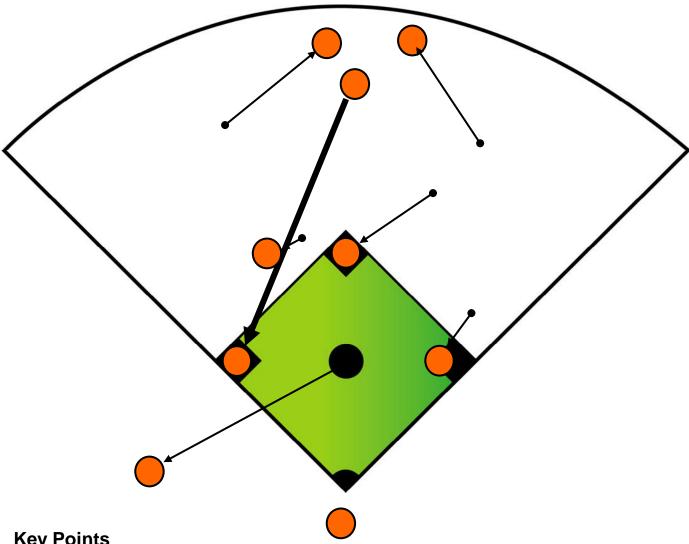
Left Fielder: Get to the ball quickly. Field it cleanly and make a flat one-hop throw all the way

to 3rd base

Centre Fielder: Back up left fielder

Right Fielder: Move into possible back up position toward second base.

Situation: Single to centre field. Runner on first.



Key Points

Pitcher: Move into a position to back up the throw from the centre fielder to third base.

Anticipate errant throw

Catcher: Remain in the home plate area

First Baseman: See the runner touch first base. Cover first in case of wide turn by batter runner

Second Baseman: Cover second base. Be prepared for a throw behind the runner at second base

from the centre fielder or infielder.

Third Baseman: Covers third base

Shortstop: Move into a position to be the cutoff man to third base. Assume the 1B runner

will attempt to go to third.

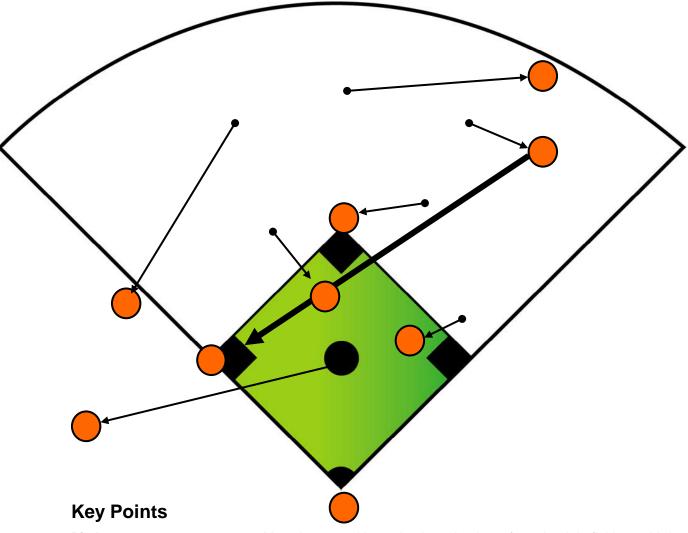
Left Fielder: Back up centre fielder and read the play

Centre Fielder: Get to the ball quickly. Field it cleanly and make a flat one-hop throw all the way

to third base.

Right Fielder: Back up centre fielder and read the play

Situation: Single to right field. Runner on first.



Pitcher: Move into a position to back up the throw from the right fielder to third

base. Anticipate errant throw

Catcher: Remain in the home plate area

First Baseman: See the runner touch first base. Cover first in case of wide turn by

batter runner

Second Baseman: Cover second base
Third Baseman: Covers third base

Shortstop: Move into a position to be the cutoff man to third base. Assume the

1B runner will attempt to go to third

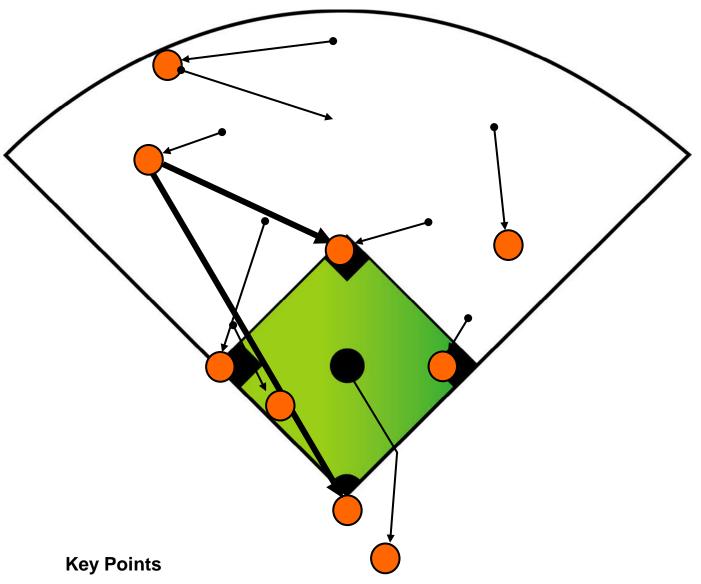
Left Fielder: Move into possible back up position behind third base.

Centre Fielder: Back up the right fielder

Right Fielder: Get to the ball quickly. Field it cleanly and make a flat one-hop throw

all the way to third base.

Situation: Single to left field. Runner on second.



Pitcher: Move in to back up home plate through the first base side of home plate.

Catcher: Cover home plate

First Baseman: See the runner touch first base. Cover first in case of wide turn by batter

runner

Second Baseman: Cover second base. Be alert for a throw from the cutoff man or catcher.

Third Baseman: Move into a position to be the cutoff. See the runner touch third base.

Shortstop: Cover third base. Be alert for a throw from the cutoff man or catcher.

Left Fielder: Get to the ball quickly. Field it cleanly and make a flat one-hop throw all the

way to home. If there is no play on the lead runner, throw the ball to second base to

keep the double play in order and the batter/runner out of scoring position.

Centre Fielder: Back up the leftfielder; once the throw is made, move to back up possible throw to 2nd

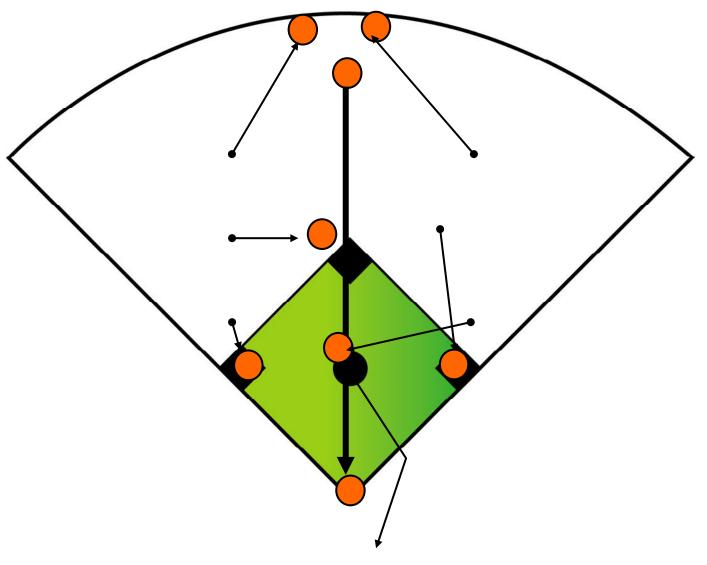
base by catcher or cutoff man

Right Fielder: Move into a possible back up position behind second base. Read the play

and be ready to back up second or first. The catcher or cutoff man may

make an attempt to throw the ball to second or first base.

Situation: Single to centrefield. Runner on second.



Key Points

Pitcher: Move in to back up home plate. Circle on the 1st base side of home.

Catcher: Cover home plate

First Baseman: Move into a position to be cut-off man to home plate

Second Baseman: Cover first base. Be alert for a throw from the cutoff man or catcher. **Third Baseman:** See the runner touch third base. Cover third. Be prepared for a throw

from cut-off or catcher

Shortstop: Cover second base. Be alert for a throw from the cutoff or catcher.

Left Fielder: Back up centre fielder. Communicate with CF where to throw

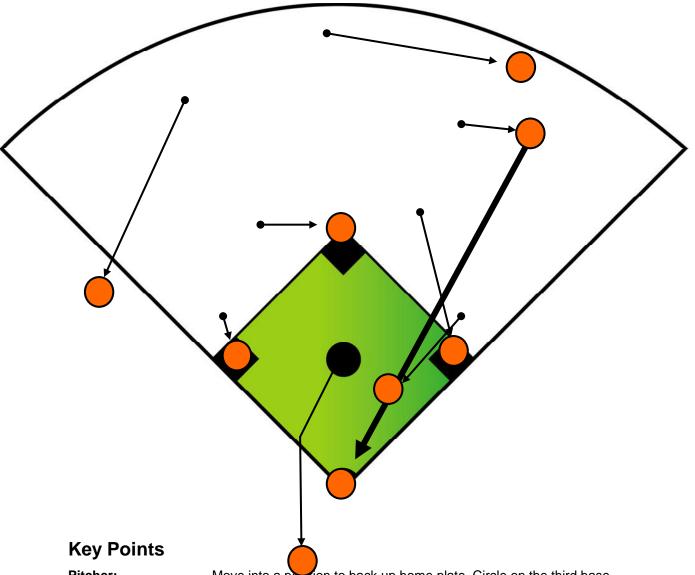
Centre Fielder: Get to the ball quickly. Field it cleanly and make a flat one-hop throw all the

way to home. If there is no play on the lead runner, throw the ball to second base to

keep the double play in order and the batter/runner out of scoring position.

Right Fielder: Back up centre fielder. Communicate with CF where to throw

Situation: Single to rightfield. Runner on second.



Pitcher: Move into a position to back up home plate. Circle on the third base

side of home plate.

Catcher: Cover home plate

First Baseman: Move into a position to be cut-off man to home plate

Second Baseman: Cover first base. See runner touch first base. Be alert for a throw from

the cutoff man or catcher.

Third Baseman: See the runner touch third base. Cover third. Be prepared for a throw.

Shortstop: Cover second base. Be alert for a throw from the cutoff or catcher.

Left Fielder: Move into a possible back up position behind third base

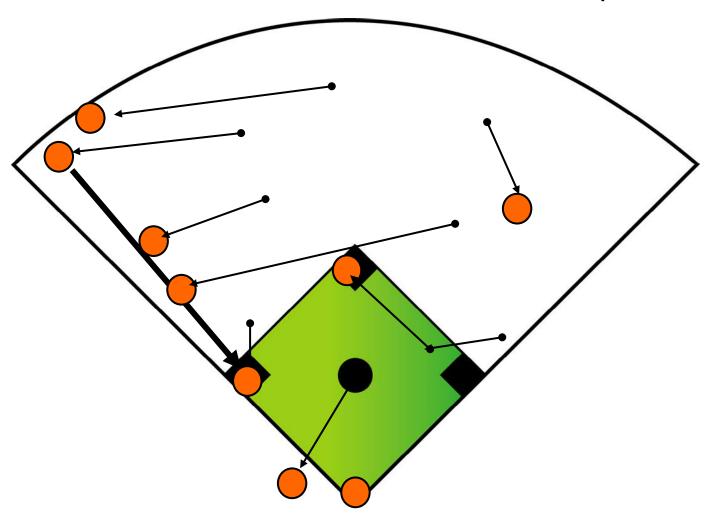
Centre Fielder: Back up right fielder

Right Fielder: Get to the ball quickly. Field it cleanly and make a flat one-hop throw all the

way to home. If there is no play on the lead runner, throw the ball to second base to

keep the double play in order and the batter/runner out of scoring position.

Situation: Sure double down left field line. 1st base open.



Key Points

Pitcher:Back up third baseCatcher:Cover home plate

First Baseman: If possible break to inside of base, see runner touch first base. Trail

runner to second base.

Second Baseman: Hang at second base until ball clears outfielders, if sure double, trail

5-10m behind 2Bman. Be ready to relay ball to 3B if SS leaves ball to

you

Third Baseman: Cover third base

Shortstop: Move into relay position in line with third base. Judge throw and

decide whether to relay yourself or leave to the trailing 2Bman

Left Fielder: Get to ball quickly. Field it cleanly and give the shortstop a

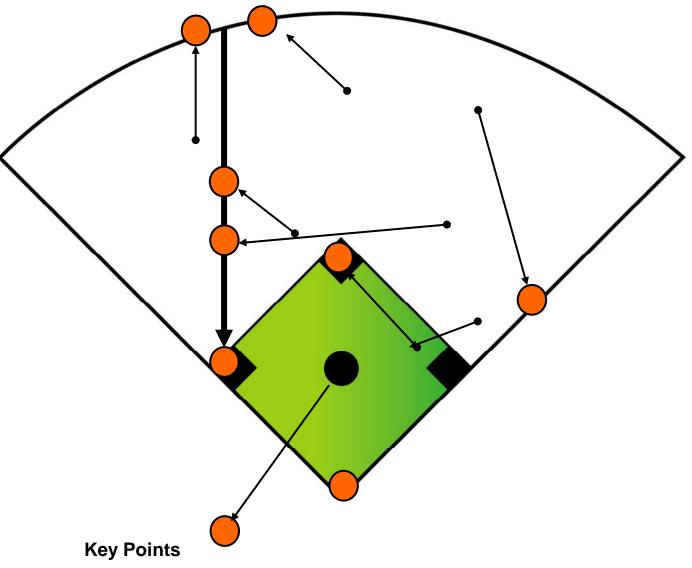
hard accurate chest high throw that the relay man can handle

Centre Fielder: Back up left fielder. Communicate with LF where he should throw the

ball

Right Fielder: Move into possible back up position behind second base.

Situation: Sure Double in Left Centre Field. 1st Base Open.



Pitcher: Back up third base
Catcher: Cover home plate

First Baseman: If possible break to inside of base, see runner touch first base. Trail

runner to second base.

Second Baseman: Hang at second base until ball clears outfielders, if sure double, trail

5-10m behind 2Bman. Be ready to relay ball to 3B if SS leaves ball to

you

Third Baseman: Cover third base

Shortstop: Move into relay position in line with third base. Judge throw and

decide whether to relay yourself or leave to the trailing 2Bman

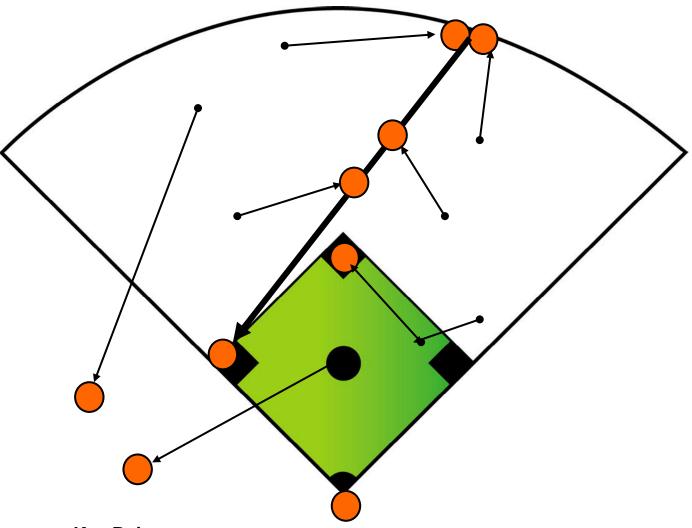
LF/CF: The LF and CF must communicate with each other during

the play. The first outfielder to the ball makes the play. The other will back up. Get to the ball quickly. Field it cleanly and

give the relay man a firm accurate chest high throw

Right Fielder: Move into possible back up position toward first base.

Situation: Sure Double in Right Centre Field. 1st base open.



Key Points

Pitcher: Back up third base
Catcher: Cover home plate

First Baseman: If possible break to inside of base, see runner touch first base. Trail

runner to second base.

Second Baseman: Move into relay position in line with third base. Judge throw and

decide whether to relay yourself or leave to the trailing SS.

Third Baseman: Cover third base

Shortstop: Hang at second base until ball clears outfielders, if sure double, trail

5-10m behind 2Bman. Be ready to relay ball to 3B if 2Bman leaves

ball to you

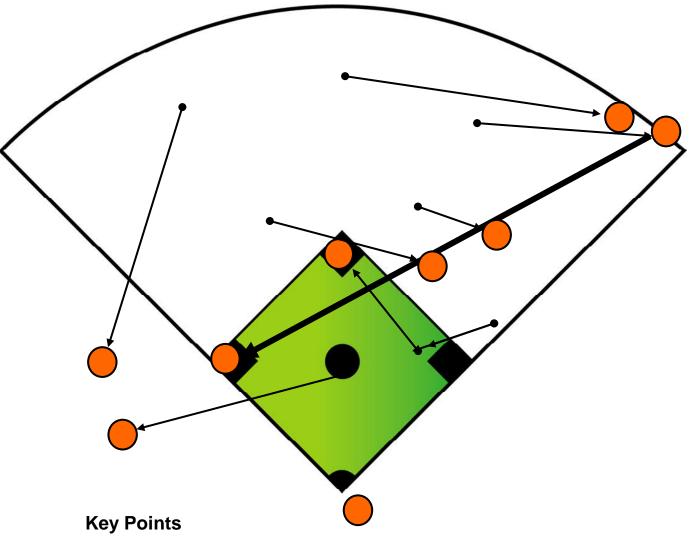
Left Fielder: Move into possible back up position toward third base.

CF/RF: The CF and RF must communicate with each other during

the play. The first outfielder to the ball makes the play. The other will back up. Get to the ball quickly. Field it cleanly and

give the relay man a firm accurate chest high throw.

Situation: Sure Double down Right Field Line. 1st base open.



Pitcher: Back up third base
Catcher: Cover home plate

First Baseman: If possible break to inside of base, see runner touch first base. Trail

runner to second base.

Second Baseman: Move into relay position in line with third base. Judge throw and

decide whether to relay yourself or leave to the trailing SS.

Third Baseman: Cover third base

Shortstop: Hang at second base until ball clears outfielders, if sure double, trail

5-10m behind 2Bman. Be ready to relay ball to 3B if 2Bman leaves

ball to you

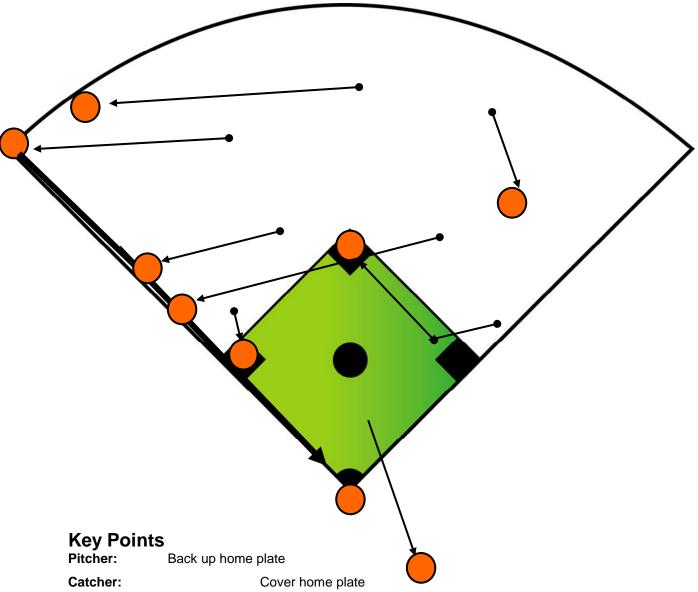
Left Fielder: Move into possible back up position toward third base.

Centre Fielder: Back up right fielder.

Right Fielder: Get to ball quickly. Field it cleanly and give relay man a firm

accurate chest high throw

Situation: Sure Double down Left Field Line. Runner on 1st base.



See runner touch first base. Trail runner to second base. First Baseman:

Second Baseman: Hang at second base until ball clears outfielders, if sure double, trail

SS, observing runners' progress and as outfielder throws ball, tell SS

where to throw

Cover third base Third Baseman:

Shortstop: Move into a relay position to home plate in LF. Stay in fair territory

and listen for call from 2B

Left Fielder: Get to ball quickly. Field it cleanly and give the relay man a

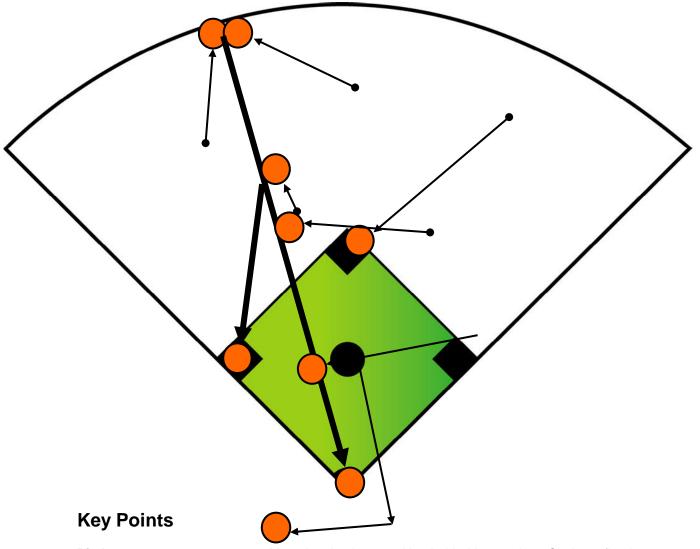
firm accurate chest high throw, keeping the ball in fair territory so a

subsequent throw can avoid the runner heading home.

Centre Fielder: Back up left fielder.

Right Fielder: Back up second base.

Situation: Sure Double Left Centre Field. Runner on 1st base.



Pitcher: Move into back up position behind home plate. Circle on first base

side of home plate. Be prepared to back up third base if the play

changes direction

Catcher: Cover home plate

First Baseman: See runner touch first base. Move into cutoff position to home plate.

Second Baseman: Hang at second base until ball clears outfielders, if sure double, trail

SS, observe runners' progress and as outfielder throws ball, tell SS

where to throw

Third Baseman: Cover third base

Shortstop: Move into a relay position to home plate and listen for call from 2B

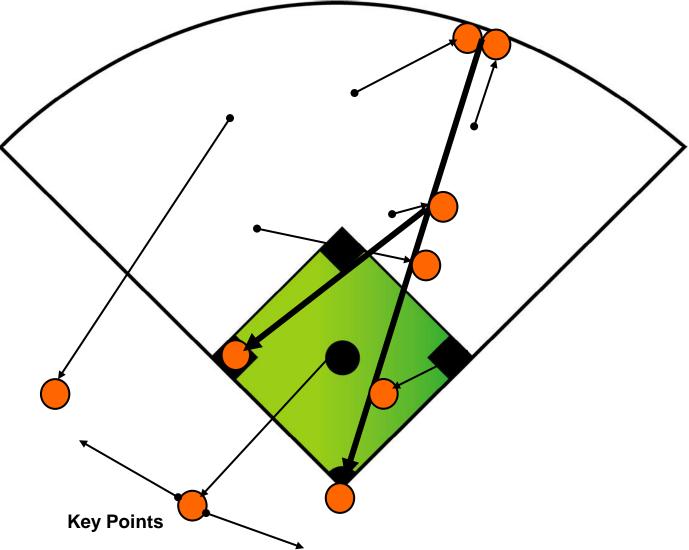
LF/CF: The LF and CF must communicate with each other during

the play. The first outfielder to the ball makes the play. The other will back up. Get to the ball quickly. Field it cleanly and

give the relay man a firm accurate chest high throw

Right Fielder: Cover second base.

Situation: Sure Double Right Centre Field. Runner on 1st Base.



Pitcher: Move into position half way between third and home. Read the play

and back up where play develops

Catcher: Cover home plate

First Baseman: See runner touch first base. Move into cutoff position to home plate.

Second Baseman: Move into a relay position to home plate and listen for call from SS

Third Baseman: Cover third base

Shortstop: Hang at second base until ball clears outfielders, if sure double, trail

2B, observing runners' progress and as outfielder throws ball, tell 2B

where to throw

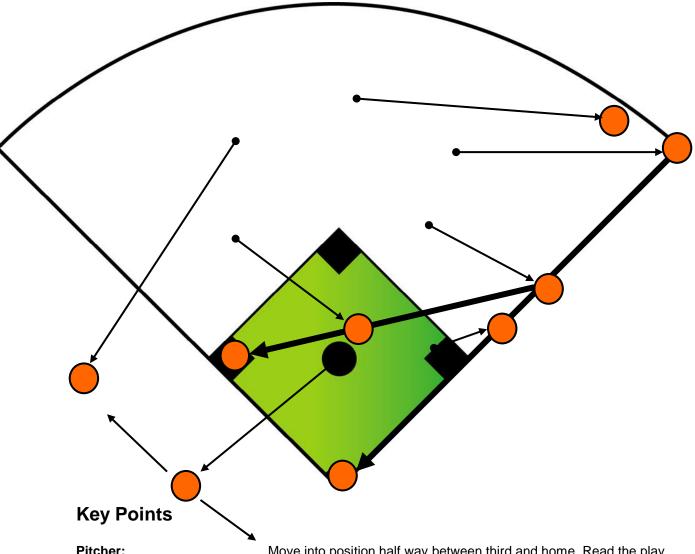
Left Fielder: Move into a possible back up position behind third base.

CF/RF: The CF and RF must communicate with each other during

the play. The first outfielder to the ball makes the play. The other will back up. Get to the ball quickly. Field it cleanly and

give the relay man a firm accurate chest high throw.

Situation: Sure Double down right field line. Runner on 1st.



Pitcher: Move into position half way between third and home. Read the play

and back up where play develops

Catcher: Cover home plate

First Baseman: Trail 2B, observing runners' progress and as outfielder throws ball,

tell 2B where to throw

Second Baseman: Move into a relay position to home plate and listen for call from

1Bman. Be prepared to redirect throw to third base if there is no play

at home.

Third Baseman: Cover third base. Be prepared for the play to be redirected from

2Bman or catcher to third base.

Shortstop: Cover second base. Read the play and move into relay position to

third base.

Left Fielder: Move into possible back up position toward third base.

Centre Fielder: Back up right fielder.

Right Fielder: Get to ball quickly. Field it cleanly and give relay man a firm

accurate chest high throw.