

RUNDOWN DRILL SERIES

COUGARS

B A S E B A L L

• FUNGO SERIES

- RUNNER @ 1B
 - GROUNDBALL TO 1B
 - TOUCH BAG AND THROW TO 2B
 - RUNNER STOPS AND GETS IN RUNDOWN
 - GROUNDBALL TO LF
 - LF THROWS TO HOME
 - THIRDBASEMAN REDIRECTS TO 2B
 - RUNNER GETS IN RUNDOWN
 - GROUNDBALL TO RF
 - RF THROWS TO HOME
 - FIRSTBASEMAN REDIRECTS TO 2B
 - RUNNER GETS IN RUNDOWN
- RUNNER @ 2B
 - COMEBACKER TO PITCHER
 - RUNNER GETS IN RUNDOWN
- RUNNER @ 3B
 - INFIELD IN
 - GROUNDBALL TO INFIELDER
 - RUNNER IS GREEN GOING IN LOOKING AND STAYS IN IT

• PICK – RUNDOWN SERIES

- RUNNER @ 1B
 - RHP 31 MOVE WITH THROW TO 2B (2 OUTS)
 - RUNNER GETS IN RUNDOWN
 - OUT MUST BE MADE QUICKLY TO PREVENT RUN FROM SCORING
 - RHP 31 MOVE WITH THROW TO 1B (0-1 OUTS)
 - RUNNER GETS IN RUNDOWN
- RUNNER @ 2B
 - INSIDE MOVE TO 2B
 - RUNNER GETS IN RUNDOWN
- RUNNER @ 3B
 - 31 DEFENSE – PLAY 4
 - PITCHER THROWS HOME TO CATCHER
 - CATCHER FULL ARM FAKES ON 31 PLAY (PLAY 4)
 - R@3B IS GREEN AND GETS CAUGHT IN RUNDOWN
 - SQUEEZE PLAY
 - PITCHER THROWS PITCH OUT
 - RUNNER BREAKS FOR HOME ON SQUEEZE PLAY
 - CATCHER STARTS RUNDOWN BACK TO 3B

• PICK – LONG THROW SERIES

- RUNNER @ 1B
 - LHP GOOD MOVE
 - RUNNER GOES FIRST MOVEMENT
 - RUNNER ADVANCES TO 2B FORCING LONG THROW
- RUNNER @ 2B
 - SPIN MOVE TO 2B ON 2 LOOK OR 2 RHYTHM
 - RUNNER GOES ON 1 RHYTHM OR 1 LOOK AND FORCES LONG THROW
- RUNNER @ 3B
 - 31 DEFENSE – PLAY 3
 - PITCHER THROWS HOME TO CATCHER
 - CATCHER SNAPS THROW TO 3B ON 31 PLAY
 - RUNNER IS GREEN AND ADVANCES TO HOME FORCING LONG THROW