



Balls in the Dirt Breaks

Skill Set: Base Running

Difficulty Level: Easy

Number of Athletes and Coaches: All athletes, 1 coach, and catchers

Average Time to Complete: 15 minutes

Equipment Required: Field, bucket of balls, helmets

Goal: Read the pitch and decide if the next base can be taken on a ball in the dirt

Description of the Drill:

- Runners at each base with helmets on
- Pitcher/coach on the mound with catchers at home plate in full gear, taking turns
- Runners take initial lead from the bases, take secondary lead when the ball is delivered home
- Pitch is delivered in the dirt for the catcher to block. Catcher blocks and recovers, gets in position to throw the ball to a base
- Runners will read the pitch and decide if they can advance to the next base
- Runners can read independently or in unison with the other runners
- Coach has the option to put infield defense in place for catcher to throw to bases
- Each player rotates through the line so that they each lead off of 1st base 5 times

Add Difficulty:

- For added difficulty, players can play defense in the infield positions to allow for the catcher to throw to bases to get baserunners out

Layout of Drill:

