

Cutoff Relay Race

Goal: To work on catching with two hands, making a quick transfer, and proper footwork when receiving and making throws

Setup: Bucket of balls, small groups of players

Description: Create groups of three, four, or five players to race. Players stand in a straight line with the others in their group, beginning at the spot where the ball is picked up, spaced evenly. All groups go at the same time. An outfielder picks up a ball lying on the warning track next to the fence and throws to his first teammate. That teammate turns his body, catches, generates momentum, and throws to the next teammate (see figure 9.22). This continues until the ball reaches the last player. The team that finishes first wins.

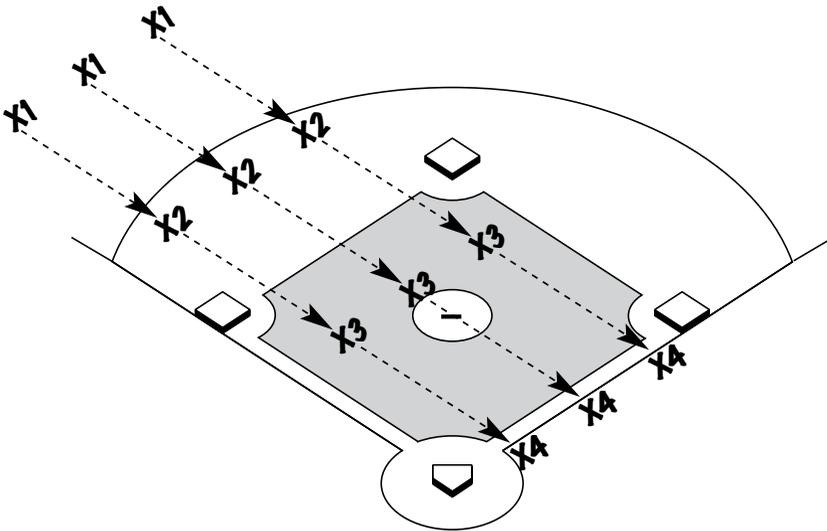


Figure 9.22 Relay Race Drill.



a



b



c

Figure 9.23 Players hone their skills and have fun during the Relay Race Drill.