

Pickle

Goal: To execute effective rundowns.

Setup: Four stations should be placed far enough apart to avoid confusion. Each station consists of two bases placed 30 feet apart (see figure 9.45).

Description: Designate one base to be second base and one to be third. Assign three players to each station, two fielders, and one runner. The runner starts in a rundown and then tries to reach a base safely.

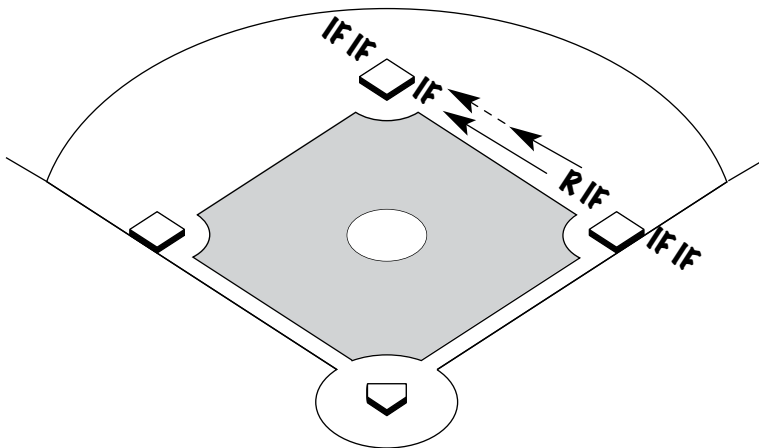


Figure 9.45 Setup for the Pickle game.

Award points to the defense using the following system:

- Two points for getting the runner out on the first throw
- One point for getting the runner out on the second throw
- Zero points if the runner reaches second base safely
- Minus one point if the runner reaches third base safely

When a rundown is completed, restart by having the runner begin part of the way between the bases again. Players rotate whenever the defensive players at that station score four points.

Note that it is important for players to understand the goal of a rundown and the actual execution before introducing the positioning and rotation of players. Make sure that all of your infielders, pitchers and catchers understand the concept of getting the player moving at full speed before making the throw and are able to execute before complicating the play and introducing the other aspects.