

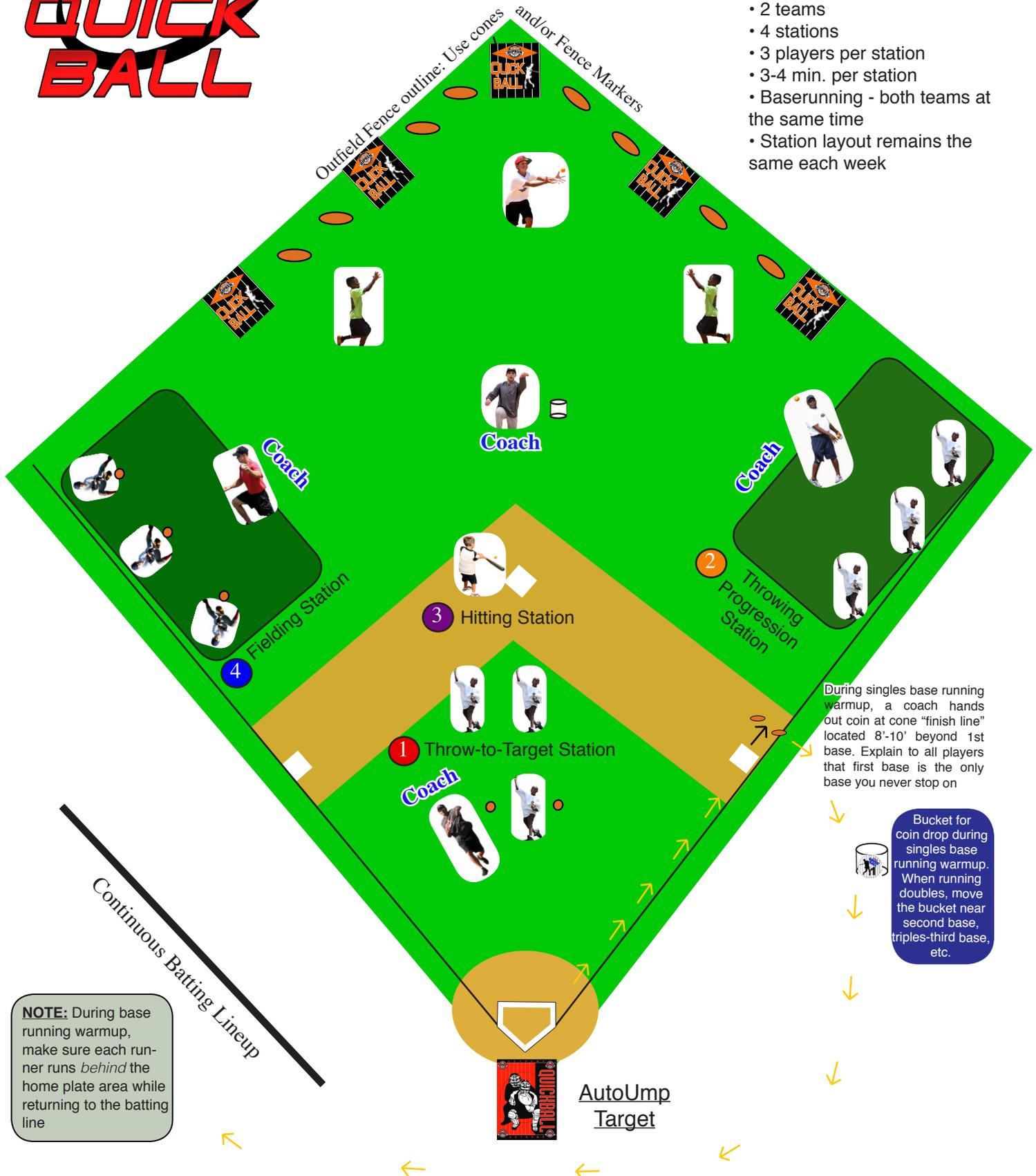


Field Diagram

Stations

Notes

- 2 teams
- 4 stations
- 3 players per station
- 3-4 min. per station
- Baserunning - both teams at the same time
- Station layout remains the same each week



During singles base running warmup, a coach hands out coin at cone "finish line" located 8'-10' beyond 1st base. Explain to all players that first base is the only base you never stop on

Bucket for coin drop during singles base running warmup. When running doubles, move the bucket near second base, triples-third base, etc.

NOTE: During base running warmup, make sure each runner runs *behind* the home plate area while returning to the batting line