

BASEBALL TAG

PURPOSE

To develop proper glove technique for squeezing the ball when running to tag an opposing base runner

EQUIPMENT

One or two baseballs in each player's glove, cones or other props to designate the playing field

TIME

3 to 6 minutes

PROCEDURE

1. Mark off the playing area on the baseball diamond.
2. Choose one player to be "it."
3. On the "go" command, the player who is it tries to tag the other players within the confined area without dropping the ball or balls from the glove.
4. A tagged player must sit down. As more and more players are tagged out, the coach moves the cones in to reduce the size of the playing field and to keep the pace of the game quick.

KEY POINT

Players should keep their heads up looking at the player they're chasing and their gloves squeezed tightly as they run with the baseball.

Variations

1. More than one player can be "it." This variation creates more obstacles for the runners to avoid and allows more players to practice running with the baseball.
2. Players can also run with the ball in their bare hands when trying to make a tag.

RELATED DRILLS

None

BASEBALL TAG

