

BASEBALL RED LIGHT, GREEN LIGHT

PURPOSE

To improve a player's ability to run while wearing a glove

EQUIPMENT

One or two baseballs and a glove per player

TIME

4 to 8 minutes

PROCEDURE

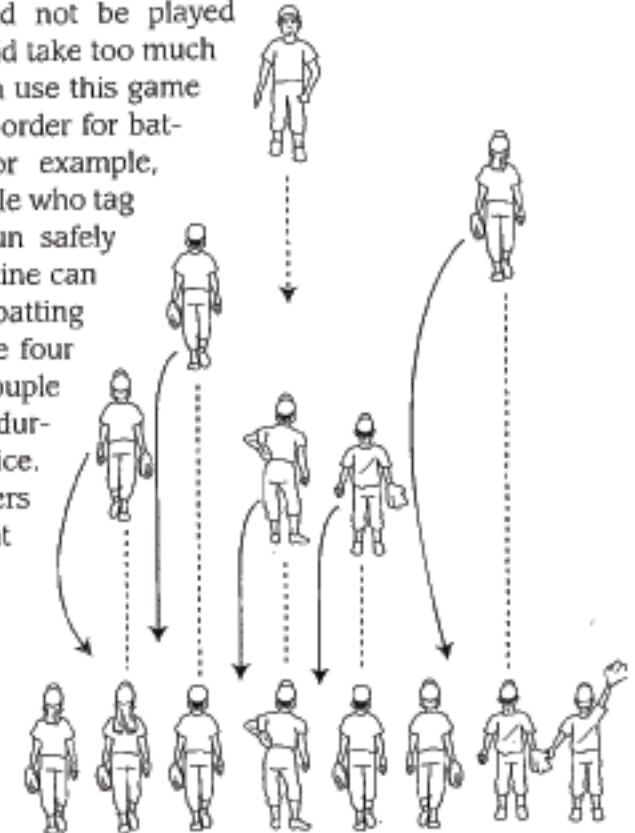
1. One player is the caller, and the other players line up a particular distance away from the caller. The distance varies depending on the age of the players.
2. Every player, except the caller, wears a baseball glove and holds a baseball in it.
3. The caller, facing away from the other players, shouts, "Green light."
4. The other players run toward the caller before he turns around to look at them.
5. The players must freeze in their positions when the caller turns to face them and calls out, "Red light."
6. If the caller catches someone moving, that player must return to the starting line for the next round of calls.
7. The object of this game is for everyone to move closer to the caller on each turn until one player is able to tag him.
8. After a player tags the caller, everyone runs back to try to cross the line they started from.
9. The caller, after being tagged, turns around and tries to tag the players before they cross the line.
10. If the caller tags a player, that player becomes the caller.
11. If a player drops a ball during the drill, he must return to the starting line.

BASEBALL RED LIGHT, GREEN LIGHT

KEY POINTS

This is a fun practice break. It is also great for preseason indoor practice where there might not be enough space for conventional baseball drills. This game serves a variety of purposes in a youth baseball practice.

1. It teaches players to squeeze their gloves so that they don't drop the ball.
2. Players grow accustomed to running with their baseball gloves on.
3. It provides a great break during a hard practice.
4. Coaches can participate in the drill by taking a turn as a runner or caller.
5. The game should not be played for points; it would take too much time. But you can use this game to determine the order for batting practice. For example, the first four people who tag the caller and run safely past the starting line can be the first up at batting practice. Or those four could receive a couple of extra swings during batting practice. Rewarding players who succeed at different drills keeps players motivated during other drills.



RELATED DRILLS

None