

## BUCKET RELAY

### PURPOSE

To develop techniques for relaying a baseball from the outfield to the infield

### EQUIPMENT

Two buckets of baseballs, six empty plastic buckets, gloves

### TIME

10 to 14 minutes

### PROCEDURE

1. Divide the players into two teams. Station one team and a coach in right center, and the other team and a coach in left center.
2. Each group has a bucket of hardballs.
3. On home plate, stack six empty plastic buckets into a pyramid.
4. Place one player from each team in the infield.
5. The teams alternate turns.
6. The coach throws the ball high behind the outfielder, preferably hitting the outfield fence.
7. The outfielder turns, locates the ball, runs to it, picks it up, turns, and throws it to the infielder.
8. The infielder pivots after the catch, and throws the ball toward the buckets, trying to knock down as many as possible.
9. The outfielder becomes the infielder, and the infielder goes to the end of the line in the outfield.

### KEY POINTS

Emphasize these four points:

1. The infielder waves his hands over his head as the outfielder prepares to throw the ball.
2. The infielder then makes a target for the outfielder with the arms extended at shoulder height.

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3. The ball should hit the infielder at shoulder height.

4. The infielder must pivot to the glove side when turning to throw. The term "glove side" is used rather than "right" or "left" because right-handed and left-handed players turn opposite directions before throwing.

### Variation

Use a garbage can lying on its side instead of buckets. In this case, the infielder must throw the ball into the garbage can after the relay.

### RELATED DRILLS

1, 2, 8

