

Chaos Drill

- David Sharp presented the following drill from USA Baseball. **Youth Practice Ideas: Effective Use of Time**
- This drill teaches a number of different things. Runs downs/Base running, coverage on run-downs, awareness of a play continuing with other baserunners, conditioning.
- The drill involves one baseball, and one player at each infield position....including a pitcher/catcher. The baserunners will be the outfielders, as well as any other infielders and pitchers. Start with the bases loaded, the runner at 1B gets into a rundown, now the first and second baseman, as well as the shortstop and pitcher become “active” participants in this rundown. Once the baserunner is tagged out, the baserunner who was on second originally starts running to third and gets in a rundown. Now the second and third baseman, as well as the pitcher and SS become “active” participants. Once this baserunner is tagged out the runner who was on third base originally gets in a rundown trying to score. The catcher, pitcher, third baseman and SS become “active” participants.
- The drill is not finished until three outs are made. If there is an overthrow, ball is dropped, or runner is safe, re-do the drill. Can turn it into a competition between the baserunners and defensive team.
- I think this is great drill to get a large number of players involved, as well a “fun” conditioning drill. It also makes players always be aware once an out is made, is the play over or can they make another potential out somewhere?

Submitted by Chad Hofmann