



# FLORIDA STATE DRILL

Goal – work on situational hitting and baserunning. All situations are less than 2 outs. 2 men at each base with one active runner. 3 players behind the backstop. After you hit – you stop at first base and begin your baserunning. All players rotate. Each situation – one player will be the “Live” baserunner that may count for a run. All other baserunners will go station to station. The “Live” hitter will raise both hands in the air. Mgr or coach will announce the situation with each hitter or new batter. He/she will record all runs for each team.

Coaches – grab a base and instruct on baserunning. Coach \_\_\_\_\_ in 3B box. Coach \_\_\_\_\_ throwing BP in front of mound – over hand. Short toss in cage (All 5's and next hitter) – keep the cage moving if needed.

Situations (9) – create others as needed.

1. Runner on third base with less than two outs.
2. Runner on second base with no outs. Middle of the order is coming up.
3. Runner on first base with no outs – hit and run.
4. Runner on first and second with no outs – bunt slash and steal.
5. Runner on second base, steal and bunt – look to score on the throw. Need to hustle.
6. Runner on third base with less than two outs. Score him any way that you can.
7. Runner on second base with two outs – drive him in. He is the game winner.
8. Runner on third base with less than two outs, infield is in – hit a ball to the outfield.
9. Runner on third base with less than two outs. Infield is back – get the job done.