

## Baseball racing game

**Set-up** – you need a set of stumps, and five markers set out as in the diagram. The marker in the middle has a ball placed upon it. This game is best played with five players on each team, however with a minimum of six players you can race each player individually.

**Action** – players are split into two teams, a fielding team and a running team. Only one of the running team takes part in each race. The running player and fielding player 1 both start at the stumps. When the coach shouts 'GO', it is the goal for the running player to run all the way round the outside of the markers and back past the stumps. In order for the fielding team to get a run-out, fielder 1 (at stumps) runs out and picks up the ball for the green marker, throwing it to fielder 2 (blue marker). Fielder 2 throws it across to fielder 3 (white marker), 3 throws to 4 (red marker), 4 throws to 5 (yellow marker), and then 5 throws it back to fielder 1, who should have run back to the stumps to effect a run-out. If the stumps are broken before the running player passes the stumps, it's a run-out! Each player has a go being the runner, with a different fielding position for the fielders each time.

### VARIATION

**Change-up** – if players are good at performing the original method, then try changing the order in which the fielding team have to throw the ball to keep them thinking!



### COACHING TIP

**Make it competitive, count up the run-outs, and then swap teams to see which side can win.**

