

IF/OF Relay	
Age Level:	All Levels
Position:	All Positions Involved
Description of Drill:	
Work on all aspects of the really from OF to IF	
Purpose of Drill:	
<p>This drill will focus first and just the OF part of the relay play and then it will implement just the IF part and after we can run the really all the way to the base we want it to go to.</p>	
# of Coaches/Players	Link to Diagram
One Coach	
All Players	
Equipment	Link to Video
Entire Field	<a href="#">Relay Drill</a>
Baseballs	start video at 1:10
Time of Drill:	15 Minutes
# of Reps per Player:	Multiple All Players
How To Run The Drill	
<p>This is a good team drill. You can use it with live runners and hitting balls into gap. Make it competitive and kids will love it. Run drill without live runners first and then add in the fun.</p>	
Comments:	
<p>This drill is important, but may take some time to explain.</p>	