

### B. I. D. Drill

This is a high energy ball in the dirt drill designed for maximum reps in a short amount of time. We start this drill by doing our best to split all of our position players evenly into 3 groups. We have one group at each base and no runners at home plate. Our catchers are in full gear and their job is to block, receive and throw to bases off of a machine to get the most realistic experience possible for both base runner and catcher.

All live runners are getting game like leads and secondary's against a coach who is feeding a machine that is set up from a distance that best simulates the distance a ball would travel from a pitchers release point. Base runners who are not participating live are asked to yell out loud "YES-YES" or "NO-NO" on both the flight of ball read and the decision to advance. All base runners are encouraged to make their own reads and decisions. With that being said, we truly feel that if a player is engaged with the flight of the ball from the time it leaves the pitchers hand they are putting themselves in position to advance before the ball actually hits the dirt.

\*Time for drill (15 min) – 5 min rotations so that each group gets reps at each base

\*Live runners per pitch – 2 (1 in baseline, 1 just behind) all other runners verbally participating

\*4-8 Players per base depending on roster size

\*Catchers in full gear blocking, receiving and throwing (if desired)

\*Somebody taking throws at the designated base the catchers are competing with (Catchers should only base their decisions on the runner who is working in the baseline, not the runner working from behind)

Even though there are base runners at every base, each group is acting independently; meaning each group proceeds as if there are no other base runners on. Each base has a different objective to encourage the player to know the important times to gamble on ball in dirt. Here is how we set it up:

When running at:

1B –2 outs (Get into scoring position with 2 outs)

2B –1 out (Get to 3B with 1 out)

3B –2 strikes and 2 outs (encouraging them to roll the dice, really anticipating breaking ball in the dirt and wanting to score)