Baseball Chase

Teams of 5
One team fielders, one team runners
One fielder on each cone and one on the stumps
On "go" fielder on the stumps F1 runs out and executes a one handed pick up and throw to F2 F2 underarms to F3 and so on around the cones and back to the F1 who has returned to the stumps.
At the same time the first runner R1 sprints around the outside of the green cones attempting to get back to the start before the ball is returned.
If R1 gets back to base before the ball is returned to F1 running team gets a point, if R1 is "run out" fielding team gets a point.
Fielding team move anti clock-wise around the cones after each go.
After each runner has gone teams switch over
Adjust start and finish positions for runners to ensure an even contest