

Aggressive Base Running

Fastpitch

Things to be aware of as an aggressive base runner

1. Risk VS Reward = this is dependent on = the score of the game / number of outs / pitching count
2. Base runners need to have good quickness and sliding skills
3. Teach aggressive base runners to never slide into a tag in a hot box situation. Make the defense come and get you / chase you down.
4. Base runners need to pay close attention to opposing Catcher and Pitcher Habits and Routines
 - A. Catcher
 1. how accurate and strong the catchers arm is
 2. where catcher throws from = knees / standing / in front or behind the plate / number of steps
 3. weather the catcher blocks or scoop
 - B. Pitcher
 1. Does the pitcher check the base runner
 2. How often pitcher throws pitches in dirt or low
 3. Which way the pitcher turns

Third Base Coaches

When coaches are using advanced base running techniques, coaches will have to coordinate with batters. Coaches will utilize calls like take a pitch, fake bunt, and swing away with batters to set up designed plays. These calls will depend on the speed and skill of base runners, the skills and strength of the batter, the score of the game, the number of outs, and the pitch count.

Aggressive base running opportunities

1. **Dropped third strike rule** = if first base is unoccupied on a dropped third strike you can take first = never forget this rule = run inside to interfere with throw
 1. **Runner takes first base**
 2. If bad throw to first or missed catch be ready to run to second.
 3. **Runner takes second**
2. **No runners on base and batter is walked to first base** = if second base is not covering second and short stop is not attentive.
- **Runner takes second**

3. Runner is walked to first base with other runner on third base

- One out or less
- If runner on 1st is thrown at make sure to avoid a quick tag in order for the runner on 3rd to have time to get home! May end up in a hotbox situation
- Runner on 3rd is to be watching for breakaway throw home as well, this may also up in a hotbox situation.
- Runners never slide into a tag. Make the defense come and get you / chase you down
- **Runner takes second**

This is a good idea for early in games or if you need a lot of runs. If late in the game and the score is close the defensive team may take that out at second and let run score. Good teams will get the out in the second base line and then throw home for the out at home plate and get both outs.

4. Runner is on first base and no runner on second = looking at two options = bad throw on a pick to first base / draw the throw to first and go

A. Bad throw on a pick

1. Runner wants to stay close to bag with lead off, want runner standing and in good position to run to second base. You don't want runner laying on the ground due to a dive back to first to avoid being tagged out
2. Runner forces the catcher to throw to the pitcher or first base
3. If the throw is made to the pitcher in the circle with hands down then runner returns to first
4. If catcher throws to first for the pick and makes a bad throw

- Runner takes second

B. Draw the throw and go

1. Runner sets this up with catcher by drawing a throws and gets back to first quickly = showing no threat
2. Runner gets a bigger lead off first and if catcher throws to first for a pickoff attempt runner goes

- Runner takes second

5. Runner on first base = batter will lay a bunt down

- One out or less
- Batter will run to inside to interfere with throw to first base
- Runner will take off for second base hard watching / listening third base coach (good fast base runner)
- Once defense commits to making out at first - runner will continue onto third base without hesitation = especially on an over throw!
- **Runner takes second and third base**

6. Runners on first and third base = use runner at first to try to advance either runner

- Goal is to get runner on third home or runner on first to second base
- Usually one out or less

- A. **Runner at first will set up = draw the throw and go at first base**
 - 1. Batter – take pitch, fake bunt, or slow draw back
 - 2. If first base runner is able to draw that throw then both runners advance
 - 3. **Runner on one takes second and runner at third takes home**
- B. **Have batter take a pitch, fake bunt, or slow draw back and runner at first straight steal second**
 - 1. If catcher throws ball back to pitcher
 - 2. Runner at third base takes short lead off
 - 3. **Runner at first takes second base**
- C. **Have batter take a pitch, fake bunt, or slow draw back and runner at first straight steal second**
 - 1. If catcher throws ball to second base trying to get runner going to second out
 - 2. **Runner on third base takes home**

7. Delay steals at second to third = catcher has four options = base runner can set this up by taking couple short lead-offs then get out a little further but cannot hesitate once runner decides to execute the steal.

- 1. Come out from behind plate and walk the runner back to second. = go back to second
- 2. Throw the ball to third base player and that player will walk the runner back to second = go back to second
- 3. Throw the ball back to pitcher = weak or lazy throw back to pitcher = **Runner takes third**
- 4. Throw the ball to second base = no brainer = **Runner takes third base**

8. Delay steals at third base to home

- 1. Catcher looks or walks runner back to third base = no play
- 2. Catcher throws to pitch – weak or lazy throw back to pitcher = **Runner takes home**
- 3. Catcher throws ball down to third = runner has two choices
 - A. Get back if you can if you don't have a good lead or playing safe
 - B. Draw the throw and go = **Runner takes home** = runner wants to get back inside to close throwing lane to interfere with the throw / take the throw. At this point you may be in a hot box situation.

9. Pass balls

- 1. This is almost always an extra base unless the back stop fence is very close or the ball gives the catcher a perfect bounce back to her.
- 2. **Runner takes base**

10. Pass ball on a walk / no one on second

- 1. If you end up walking on a pass ball get to first fast and see if the catcher is being lazy or moving slow.
- 2. **Runner takes second**

11. Catcher drops to knees / blocking pitch = catcher has to field it clean / get up and throw accurate / catch and tag runner

1. Runner takes base until catcher proves she can throw runner out
2. Catchers drops to knees then turn and go = **Runner takes base**

12. Pitch goes short into dirt / skipping short pitches = catcher has to field it clean / get up and throw accurate / catch and tag runner

1. Runner takes base until catcher proves she can throw runner out
2. Catchers drops to knees then turn and go = **Runner takes base**