

15 minute video, covers stance and different situations running to 1st, 2nd, 3rd and home:

<https://www.youtube.com/watch?v=awBfD3Fm-y4>

Important things that new players won't know:

- If you are running in fair territory anywhere on the field and the ball hits you (e.g. teammate's hit that hits you or you kick a short ball from your own hit/bunt), you are out:
 - When running from 1st to 2nd or from 2nd to 3rd, track your teammate's grounder and avoid hitting it.
 - When running from home to 1st on a hit, run in foul territory. If you are playing on a field that has a "buddy bag"—a 2nd first base in foul territory (like at South Run field #3), this is the base you are aiming for.
 - When running from 3rd to home, run in foul territory, just outside the foul line.
- If you are on base and your teammate hits a pop fly with less than two outs, then take a lead but stay near your base. If the defense catches the ball, you need to get back to your base or they can otherwise throw to the base you just left and get you out also. If the ball is hit deep enough into the outfield and caught, run back to the base to "tag up" when they catch it, then you can advance to the next base if you know you can make it.
- As a base runner, keep your helmet on at all times when you are on the field vs. in the dugout.
- Do not throw your bat. Swing and then drop your bat. If you launch it 10 feet or right back at the catcher or umpire, you may be called out before you even get a chance to run.
- "Lookback rule" for 10u on up: If the pitcher has control of the ball in the pitcher's circle and is not making a throwing motion / "softball move", baserunners have a split second to either get back to the closest base or commit to advancing to the next base. Any hesitation and you may be called out.
- "3rd strike drop rule" for 12u on up: This is in effect if there are two outs or if there are less than two outs with no runner on 1st base. On an otherwise strike 3 pitch, if the catcher can't catch the pitch cleanly and it hits the ground, the batter can advance to 1st base if they can get there without the catcher tagging them or throwing them out at 1st. So as a batter, be ready to run!

Running to 1st on a hit:

- Run as fast as you can, even if you think you are going to get out at 1st base. You always want to make it as hard as possible on the defense and give maximum effort. Don't worry about watching your hit—focus on running fast.
- Aim for the front half of the base.
- If it is going to be a close play at 1st, do not slow down until after you have already stepped on the base. "Run through" 1st base, either straight ahead or veer toward the right—toward foul territory. If you veer to the left—fair territory—and then come back into a tag, you are out.
- If you are on your way to 1st and the coach is sending you to 2nd base, run in an arc; first, drift more in foul territory, then go toward 1st base and aim for the inside-left corner of the bag and step on that on your way to 2nd. You want to take the fewest steps possible getting to 2nd base as quickly as possible.

Running stance when on base; there are two basic stances, either is fine:

- "Track star"; back foot is on the base; back toes are in the dirt and heel is on the base. Front foot is on the baseline, pointing toward the next base. Weight is balanced but pushing off with back leg.
- "Rocker"; front foot is on the front part of the base relative to the direction you are running to or it can be on the side of the base, touching the base. The back foot is behind the front foot but to the side of the base, so you don't trip on the base. Weight is balanced but pushing off with front leg.

When on base—18u, 12u, and 10u when it's not coach-pitch:

- Take a lead, once the ball leaves the pitcher's hand. If you aren't stealing outright, then you are coming to a stop, shoulders square to the infield, ready to get back to your base quickly or possibly still advance.
- Going from 1st to 2nd: If you have a teammate already on 3rd base and nobody on 2nd, you should generally be looking to steal on the next pitch. If the catcher tries to throw to 2nd, your teammate can steal home.
On any fair hit, you have to run. But on a pop fly with less than two outs, watch the ball and be ready to run back to 1st if the defense catches it.
- Going from 2nd to 3rd: If you have a teammate on 1st, you have to run on any fair hit (careful on a pop fly with less than two outs).
If you don't have a teammate on 1st, you don't have to run. On a ball hit to 3rd or shortstop, take a lead and watch—don't run into a tag. If they throw it to 1st, then look to run to 3rd as soon as they make the throw. Going from 2nd to 3rd is where you can take your biggest lead because you are farther from the catcher. But be extra careful not to take a lead too early, as you are directly in the line of sight of the umpire.
- Going from 3rd to home; more than the other bases, how big a lead you take will depend on how good the catcher is. Be careful about being picked off by taking too big a lead. If the ball does get past the catcher or there is a bad throw back to the pitcher, you can look to steal home.