

Baserunning

Background Points

- Baserunning is one of few aspects of game that players can control.
- Need to be aggressive and make things happen
- Good base running requires
 - ✓ Good judgment to know when to go
 - ✓ Proper technique to make the most of the speed that you have
 - ✓ Aggressive attitude to take advantage of anything that opponent offers.
- Improve speed by .1 second to first can increase batting average by up to 50 points
- Goal: Home to first in under three seconds

Session #1

- Set up bases in diamond configuration.
- Start at home, focusing on “out of the box, move up the line toward first (glancing at ball, running through, rounding, sprinter start) and, for older players, continue around diamond.
- Consider two plus reps for each teaching item. (In older session, work on getting up from ground and running)
- Younger girls – try to cover “out of the box”, “to 1st”, “rounding bases” and “sprinter start”
- Older girls – if time allows, try to cover, “out of the box”, “to 1st”, “rounding bases”, “sprinter start”, “between bases”, and “tagging up”

Coaching Points

Out of the box

- Stay low
- Drive elbows down
- Explode out of box
- First step with back foot

To 1st Base

- Run on right side of base line
- Halfway to 1st, take quick look to locate ball (turn head, not shoulders)
 - ✓ Run through base
 - ✓ Turn toward 2nd
- Close play
 - ✓ Run through base
 - ✓ Touch front of base (no lunge or leap)
 - ✓ Slide only to avoid tag
 - ✓ Turn head to coach as you touch base
 - ✓ Stop quickly and make inward turn
 - Put on brakes by straightening up
 - Return immediately to base unless instructed otherwise
 - Always follow ball back to pitcher's glove
- Routine single
 - ✓ Makes aggressive turn and locates ball
 - ✓ Angles 3-4' to right at about 10-15' from bag
 - ✓ Try to make as close to right angle turn as possible
 - ✓ Shoot to tag inside of bag with right foot but don't slow down to get footwork right

Sprinter Starts

- Forward stride position with arms in running position
- Hint: Push off when pitcher's back heel lifts up from rubber at 1st or 2nd (at 3rd, push off when ball enters hitting zone)
- With weight forward, step with trailing foot
- Stay low
- Distance
 - ✓ 1B - 3 steps (body length plus one step)
 - ✓ 2B - 5 steps
 - ✓ 3B - 3 steps delayed (out in foul back in fair)

Between the Bases

- Always know where ball is

- Stays low, balanced and ready to react
- Stay in line of throw (except between home and 1st)
- Hustle return
- Dive back on pick-offs (no diving until we can practice)
 - ✓ Back corner
 - ✓ Loose fist
 - ✓ Head away from throw

Tagging up

- Player starts on own (explain why)
- Body positioned to advance (head turned to pick up ball but not shoulders)
- Leave base on 1st touch