

Leads from 3rd Base

Skill Set: Base Running

Difficulty Level: Easy

Number of Athletes and Coaches: 1-5 athletes and 1 coach, or 6 athletes as a group

Average Time to Complete: 10 minutes

Equipment Required: Base

Goal: Get footwork ready to score, keep feet moving, but don't get too far from the bag

Description of the Drill:

- Player starts on 3rd base, other players in a line behind 3rd base
 - Coach/partner acting as pitcher, goes through a wind-up without a ball for every lead
 - One player acts as a 3rd baseman in defensive position
 - Rotations (each lead should be in foul territory, and return to the bag should be in fair territory):
 - Player takes a lead (so that they are even with the 3rd baseman) shuffling their feet or walking, pauses, then goes back to the bag quickly and gets in the back of the line
 - Player takes a lead (so that they are even with the 3rd baseman), pauses but keeps their shoulders pointed towards home plate, then acts as if the ball has been hit and runs home
 - Each player rotates through each lead 3 times
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Layout of Drill:

