

Base Running

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Mindset

- Aggressive
- Put pressure on the defense to make plays
- Make them beat you
- Create situations
- Know your match up
- We may get thrown out more but we are certainly going to score more runs by being aggressive
- Smart base running vs. just fast
- Players prepared to slide

Teach Running Form

- Increase flexibility (mini bands)
- Elbow drive
- Dynamic stretching warm up (static is for cool down)
- Fastest way H to H is a tight circle
- Encouragement helps!
- Sprint competitions
 - Make it fun!

Whole team base running

- All 4 bases, work on the same thing
- All 4 bases, work on something different
- Avoid lines
- Create base running stations within hitting stations
- Offense vs. Infield situations
- Hit off a T against defense and execute base running
- Practice run downs (double run down drill from UST)

Leading off

- Rocker vs. Track
- Pitchers heel...timing
- Whistle lead off drill
- Between innings or while new pitcher is warming up...practice
- Leading off at 1st vs. 2nd vs. 3rd

Diving back

- Practice this!
- Reach with right hand, fingers up
- Head turned away
- Be low, stay low
- Angle body to avoid tag

Stealing 2nd

- Timing
- Fakes by hitter
- Fake steal...why? But not every time...why?
- Lull the catcher to sleep
- “Sneaky steal”
- Change ups
- Delayed steal on catcher vs. pitcher

Stealing 3rd

- Stealing the base off the 3rd baseman and SS
- Using fakes to confuse defense
- If we steal 3rd, it's to score (2 bases)

Sliding

- Practice this!
- Foot and shoulders
- Hands go back, should not be on one hip more than the other
- Most players slide too...late! Work to change this
- Pop up slide vs. wrap around vs. head first

Tagging up

- Vision vs. Auditory
- How to talk to your players as a coach when they are tagging
- Rocker vs. track
- 1st and 3rds, tagging at 1st
- Tagging at 1st base/2nd base/3rd base
- Nontaggable vs. Taggable work at this...tough for coaches/players to understand!

Suicide Squeeze

- Real suicide vs. safety squeeze
- 1st and 3rd Suicide
- Vegas
- Aggressive!

Angle Down

- Runners on 2nd and 3rd, ground ball is hit....