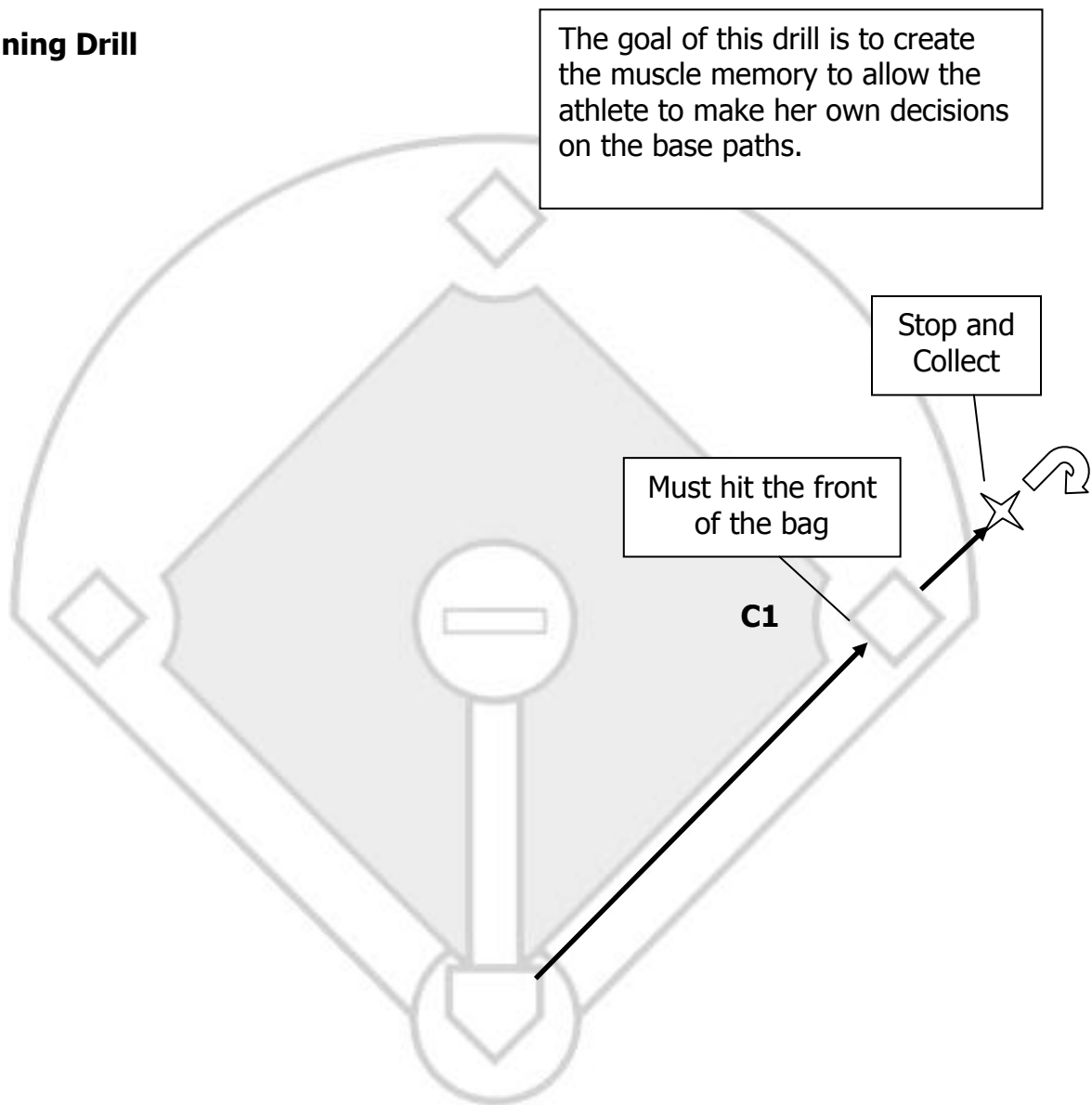


Base Running Drill



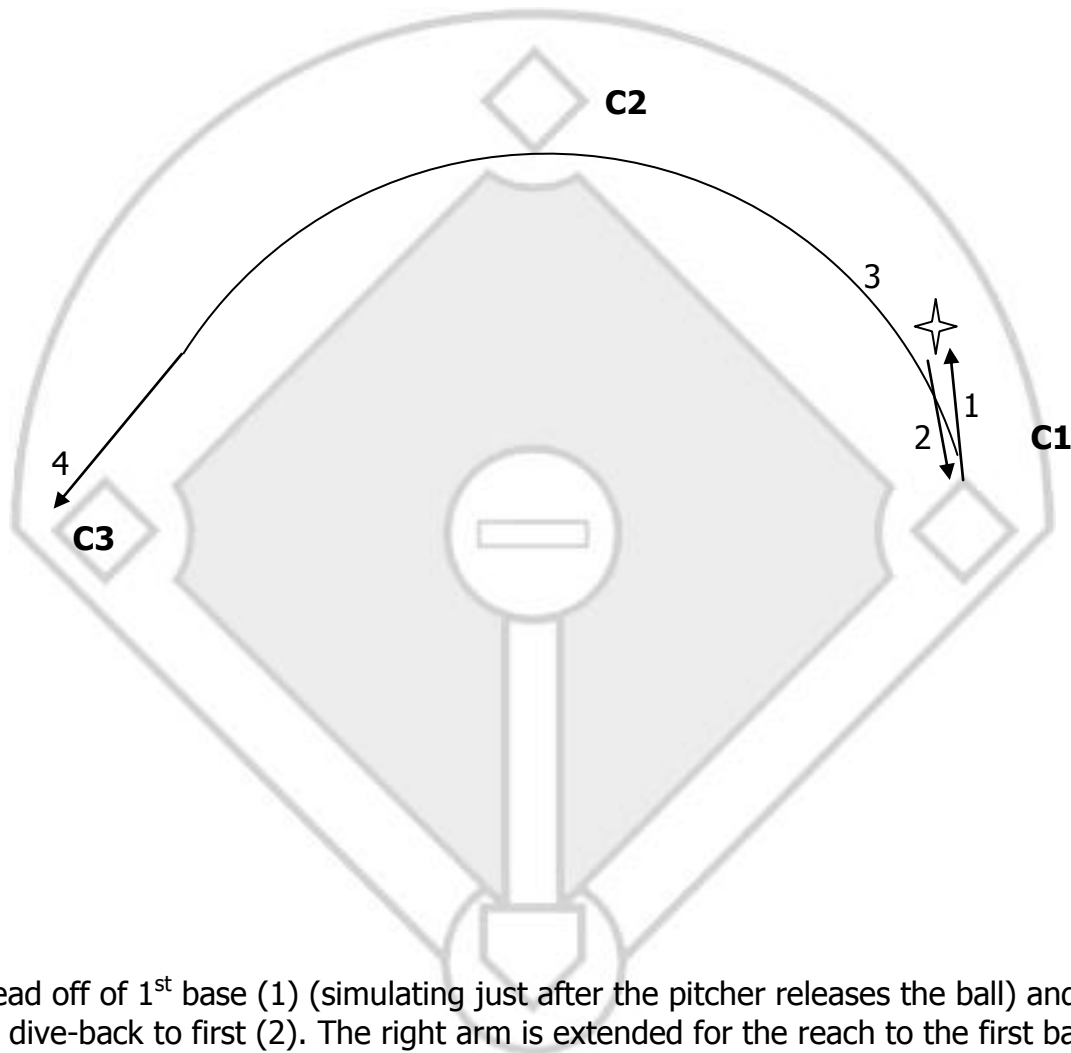
Stage 1

Action: All base runners start at home plate and run through first, collect herself (facing the outfield) and keeps her eyes on the fence. Then turn right and get in line for stage 2.

Purpose & Goal: is to touch the front side of the base without a stutter step or reducing their speed and run through and collect themselves facing the field but with their eyes on the fence looking for a passed ball (at first). If there is an error at first, she can simply pivot and go to 2nd base.

C1 – Coach watches to make sure the runner hits the front of the base. If the runner does not hit the front or stutter steps, they will go to the end of the line and do it again with additional instruction to be successful.

Base Running Drill



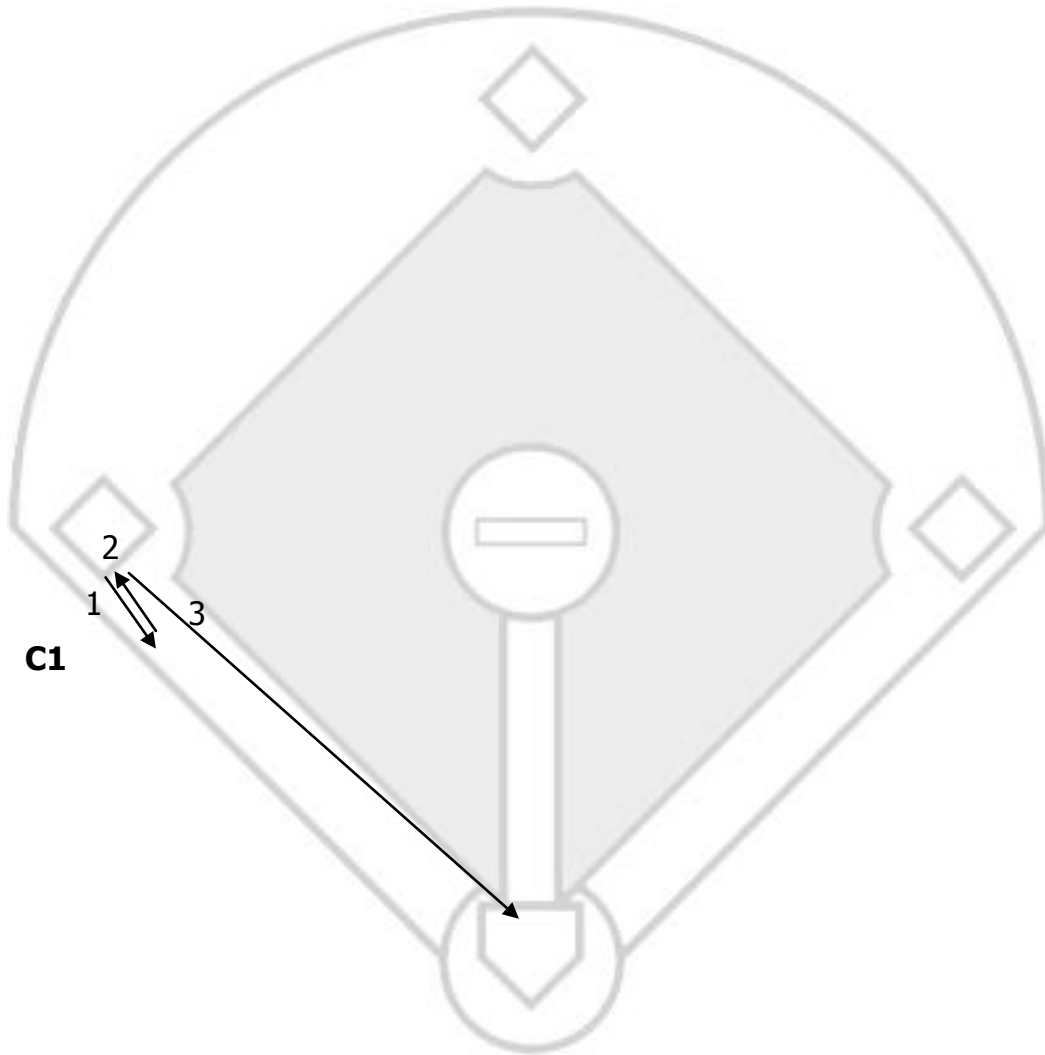
Stage 2

Action: Lead off of 1st base (1) (simulating just after the pitcher releases the ball) and upon command, dive-back to first (2). The right arm is extended for the reach to the first base bag with the left arm in the air (this helps the body and head rotate so the back of the helmet is facing home plate. If properly done, when there is a bad throw it will hit the back of the runner's helmet). Then immediately pop up, turn left (which is the natural motion from the pop up position) and sprint to third base (3) making sure to touch the inside of 2nd base bag. While running they need to call out the number the 3rd base coach is holding up... this should be done between 1st & 2nd AND 2nd & 3rd. When the runner gets to 3rd, they do a slide-by (4). Then they get into the line for Stage 3.

Purpose and Goal: The leadoff is deliberately off the base-path so the 2nd baseman cannot sneak behind the runner for a pick-off. The dive-back is critical to avoid the tag on a pick-off play from the catcher. The sprint from 1st to 3rd is to work on the proper way to round 2nd base making sure that the runner only hits the "inside" of the bag (with her right foot). The slide-by at 3rd is designed to continue drilling the proper way to slide and avoid the tag.

C1 – Coach makes sure the dive back is proper and safe. **C2** – Coach makes sure that the runner hits the inside of the base and the "arc" is proper. **C3** – Coach holds up numbers on their hand for the runner to call out while running. Also simulates the 3rd baseman and tries to tag the runner so she can try to avoid the tag with the slide-by.

Base Running Drill



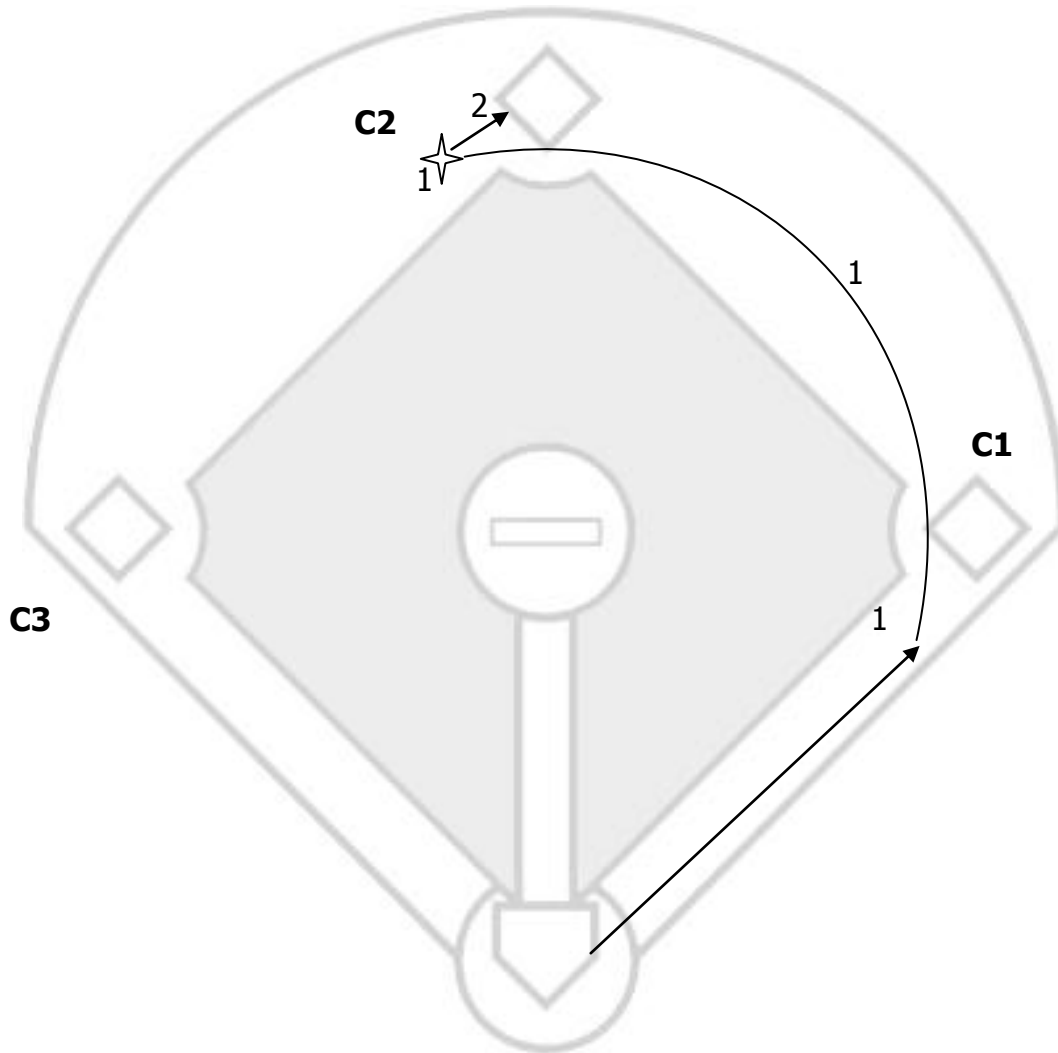
Stage 3

Action: Runner starts on the base then leads off three steps in foul territory (1), assumes a fly ball has been hit and tags up by coming back two steps (in fair territory) and rotating clockwise on the third step so her right foot is on the base (for push off) and her shoulders and body must be pointed towards home plate (2). Runner needs to have her head turned to see the defense to determine when to run. Once the catch is made (simulated) the runner runs home (3) – no slide.

Purpose and Goal: To create the muscle memory of which way to turn when returning to the base, the correct timing for leaving the base once the fly ball has been caught and to use the base as a “launching pad” for the trip home.

C1 – Coach makes sure the runner is tagging up properly and turning the proper way. Also makes sure she is placing her foot on the base for the “take-off”

Base Running Drill



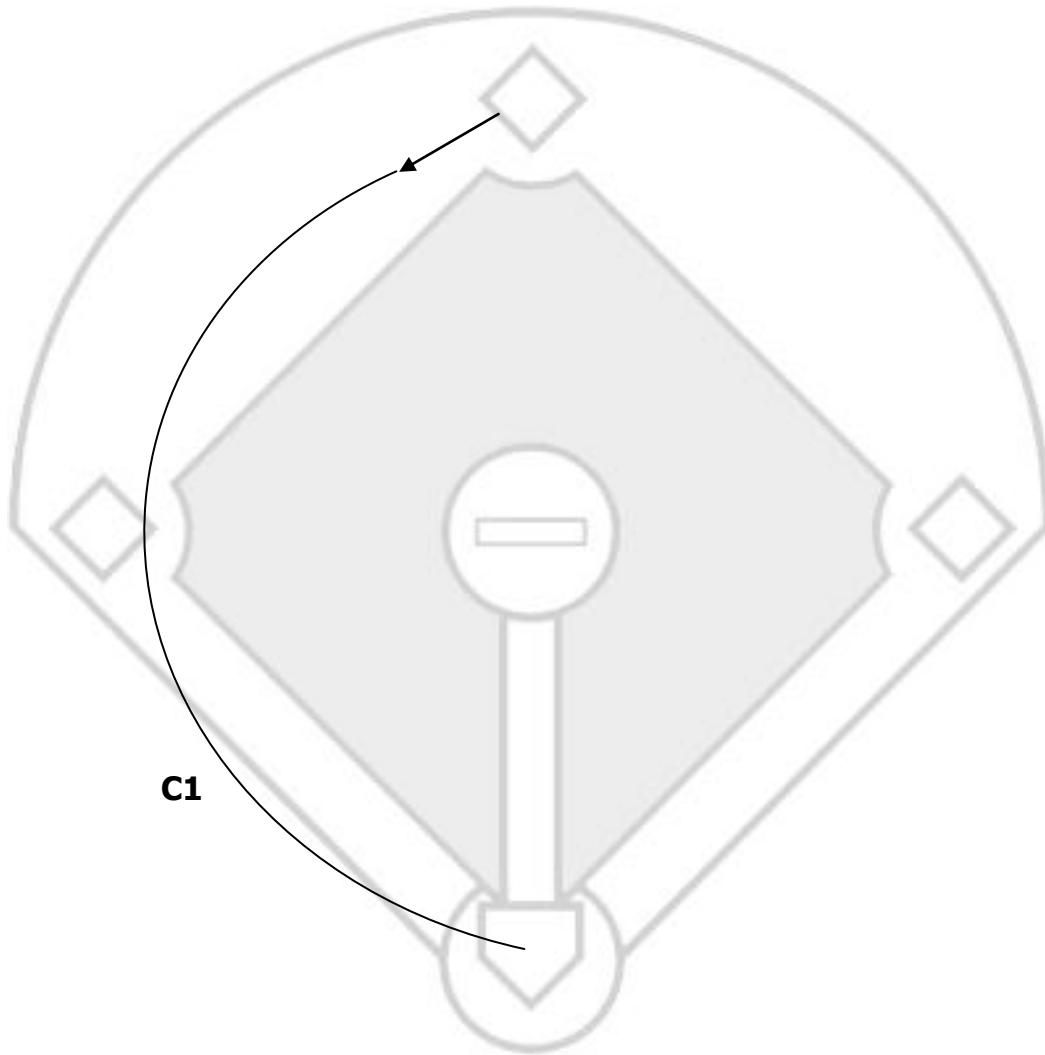
Stage 4

Action: Starting at home, the runner runs to 2nd base (1_ (hitting the inside of 1st base) and rounds 2nd base, stops and looks... then comes back to the base (2). While running they need to call out the number the 3rd base coach is holding up... this should be done between 1st to 2nd.

Purpose and Goal: When a player hits a double or is sent to 2nd base because of a fielder's choice, they must keep what we call "ball awareness" at all times. Many times there is an error in the field and if the runner is not paying attention, they cannot get the jump to go to 3rd or on to home.

C1 – Coach makes sure the base is rounded properly and the "arc" is proper to 2nd base. **C2** – Coach makes sure that 2nd base is rounded properly and that the runner stops and "finds the ball". **C3** – Coach holds up numbers on their hand for the runner to call out while running.

Base Running Drill



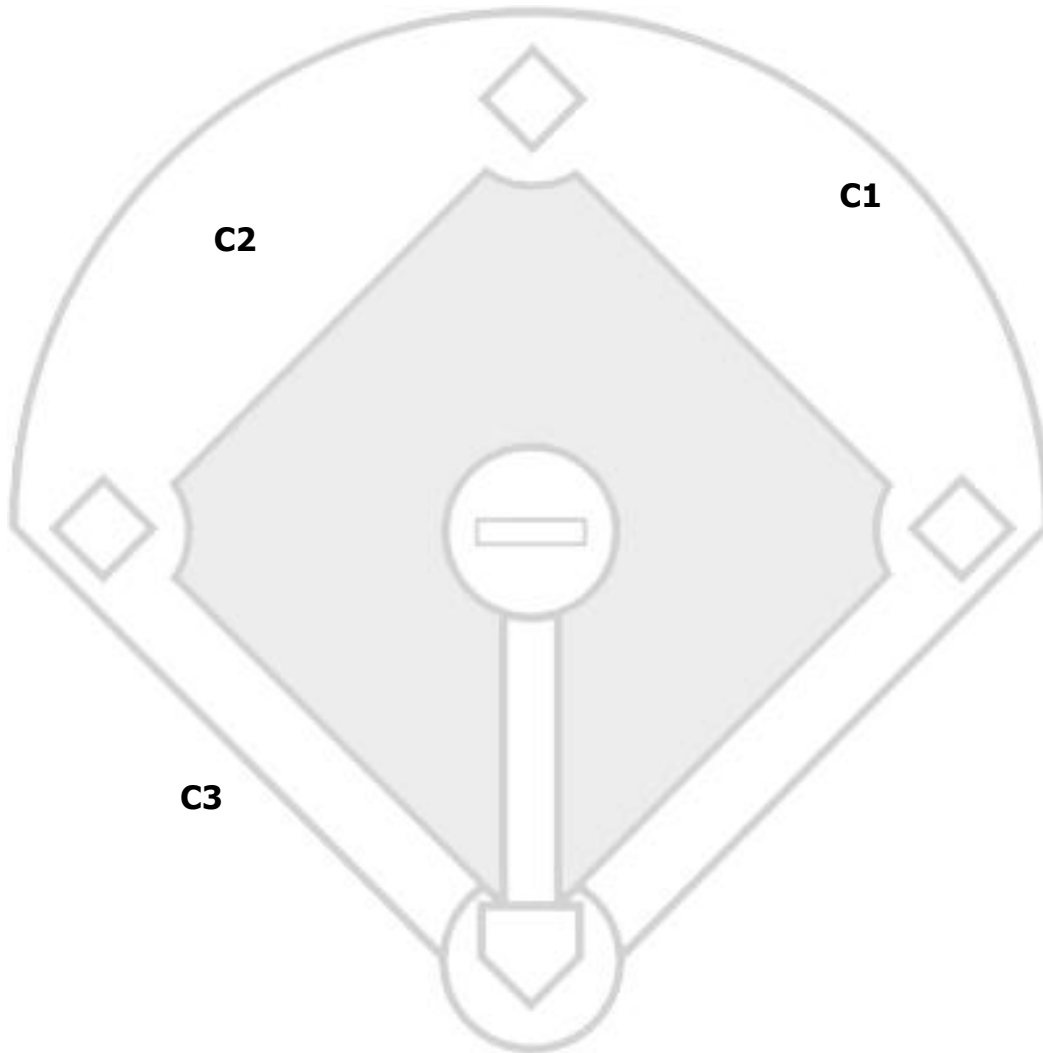
Stage 5

Action: Starting at 2nd base, the runner runs to home (hitting the inside of 3rd base) and runs through home. While running they need to call out the number the 3rd base coach is holding up... this should be done between 2nd and 3rd.

Purpose and Goal: The rounding of 3rd is probably the place where most base runners lose time. We work to keep the girls from taking too wide of a turn. Also we concentrate on hitting home plate... don't laugh, I have seen it many times.

C1 – Coach makes sure the base is rounded properly and the “arc” is proper to home. Also holds up numbers on their hand for the runner to call out while running.

Base Running Drill



Stage 6:

Action: Starting at home, runners run all the way around and back to home plate. Runners can slide-by or slide-by-rollover into home plate. While running they need to call out the number the 3rd base coach is holding up... this should be done between 1st & 2nd AND 2nd & 3rd.

Purpose and Goal: Again, arc of the path is critical and can gain or lose time based on how they are running. Special attention to the "inside of the bases".

C1, C2 and C3 – Coaches make sure the bases are hit on the inside and the "arc" is proper. .
C3 – Coach holds up numbers on their hand for the runner to call out while running.