

# Base Running Drills

## Learning to Steal & Lead off

*Equipment: Runners, Pitcher, Catcher, SS or 2nd baseman*

1. Pitcher throws pitch to catcher
2. When pitcher releases the ball, player goes to steal 2nd (encourage sliding)
3. Catcher makes the throw down to 2nd baseman or ss who will try to tag the runner out.

Watch for:

- Proper footwork for leading off
- Encourage practice with just leading off (not always stealing)

Mix it up:

- Call whether the ball is popped up, hit or not. Players should react accordingly (staying close if it is popped up).
- If you have a 1st baseman, try for the throwback to first to get the runner leading off out.
- Tell the player when to lead off vs when to steal

## Running through first

*Equipment: Coach, first baseman, bat*

1. Have players practice the swing in the batter's box, drop the bat and run towards first.
2. Coach throws a ball to the 1st baseman (at appropriate time, allowing runner to be safe or a close call)
3. Player should practice rounding first or just running through based on the situation

Watch for:

- Players running through 1st and not slowing down
- First baseman stretching for the play and keeping their foot on the bag
- Players judgment on rounding vs running through

Mix it up:

- Have a fielder field the ball and throw to first instead of the coach

## Base Running Game

*Equipment: All players*

1. Divide your players into equal teams (2-4). Each team must stand in a line behind their assigned base.
2. First person in each team line will begin to run around the bases, returning to their team to high five the next person in line.
3. This is a relay. The next player will repeat step 2 and the cycle continues until every player has run the bases.
4. First team with each player back at their starting base, wins.

Watch for:

- Players touching the bag with their inside foot as opposed to outside.

Mix it up:

- If a player doesn't use their inside foot, they must step aside and do 5 burpees before the next runner may begin.

## Time Trials

*Equipment: Stop watch, all players*

1. Time each player as they run around the bases
2. Add 5 seconds to the clock each time they use the wrong foot around the bags.

Watch for:

- Use of inside foot around bag

Mix it up:

- Make it a team effort, and time how long it takes the whole team to run the bases. See if you can beat the record the next practice
- Try for use only on the distance from the batter's box to first