



Base-Running Drills

- Form Running-All form running can be done at full speed over 40-60 feet with a focus on the form of each run, rather than speed. The purpose of form running is to teach players proper running form, while increasing flexibility and agility.
 1. High knees: Chop knees up high while pumping arms back and forth. Looking for as many foot touches as possible.
 2. Butt-kicks: Kick heels behind towards backside. Pump arms back and forth.
 3. Backward sprint: Pump arms and remain on balance.
 4. High skips: Skip as high as possible while lifting opposite arm with opposite high knee.
 5. Shuffle and go: 3-5 hard shuffles turn low and sprint.
 6. Cross-over's: Step in front then step behind with chest turned to side.
 7. Lunge walks: Step out with one leg and drop hips down without touching knee to ground. Opposite arm goes up with opposite leg stepping out. Lunges will increase flexibility and leg strength.
 8. Squat jumps forward: Player squats down with arms down and jumps forward, collects balance and repeats.
- Running through First Base-Full swing at home (with or without bat), sprint down first base line. Turn head over left shoulder at 20 feet out to see if ball went through infield. Sprint through base while hitting the front side of base. Have player focus on the front side of the base while running. Once through the bag, break down by lowering center of gravity while spreading feet out. Look over the right shoulder for an overthrow. Coach can add cones or other objects to show players where they need to look and where they need to break down (about 15 feet past base).
- Running out Single-Full swing at home (with or without bat), sprint down first base line. Turn head over left shoulder and see ball through infield. Bow out of baseline into foul territory at 30 feet down line. Lean back into baseline at 50 feet to hit inside corner of base with the left foot. Run through bag and break down at 15 feet towards second, ready to take off for second. Teach players to be aggressive with turn. Coach can add cones or other objects to show players where they need to look, turn and break down.
- Reaction to Hit-Put together the previous two drills with a ball. Make player react to the ball going through infield, or going to a player (or location). Throw an overthrow past 1B for runner to turn and take second after infield single. Also work on instructing player from 1B coaching box to take second after hard turn and break down after single.
- First Step-Coach stands next to player in sprinting position with arm outstretched in front on runner. Arm is outstretched so on the "Go" call the player must take off and stay low through first few steps.

- Stealing Second-Runners at first base in sprinting position. Teach players to time up their first step. Work on reaction to passed ball as well. Can repeat the drill from second to third, and third to home on the passed ball.
- 1st to 3rd-Hard turn at 2nd base and slide into 3rd base. Can add in a coach to make throws into 3rd base to force players to run hard. (Can do the same drill from 2nd to home).
- Tagging-Up: Crack, Back and Go
 - Player starts at 3rd (can run 2-3 players at a time with additional bases)
 - Coach yells “Crack” and tosses ball up in air, or to outfield. Runner gets off base, and then returns “Back” to base on the coach’s call.
 - Once the ball hits the ground the player takes off for home on “Go.”
- 2-Man Drill:
 1. 2 players start at home. First runner runs through to 2nd for double, second runner runs through 1st on an infield single.
 2. 2 new players step up to plate and run to the same bases as the first two runners. The runner on 1st goes to 3rd. The runner on 2nd scores. The bases are now loaded.
 3. 2 new players step up and again run to 2nd and 1st. Runner starting on 1st goes to 3rd, runner on 2nd scores, and runner on 3rd tags up and scores.
 4. Repeat drill to a point where each player scores a certain number of runs.
- Cycle Run-Progression of all types of runs as a team, small group or individually
 1. Run out either infield single or single with a turn to second
 2. 1st to 3rd
 3. Score on sacrifice fly
 4. Run out double from home
 5. Score from 2nd
 6. Run out triple from home
 7. Score on squeeze play or safety squeeze or passed ball
 8. Run out home-run (or home run trot)

- Learning to Slide-Progression of slide (can do this individually or as whole team)
 - Teach sliding in the outfield grass and make sure all players are in long pants.

1.	Sit in proper figure 4-position with hands up.
2.	Stand and drop into figure 4-position. Player lands on the outside of the calf of the bent leg. Player rolls back onto backside to avoid landing on knee.
3.	Take three walking steps and drop into slide.
4.	Take three jogging steps into slide.
5.	Full sprint into slide.
6.	Add in base to slide into so players can judge when they need to slide.
7.	Move players into the dirt to learn how to slide on infield dirt.

***If a player has trouble keeping their hands up during the slide, have him make a fist with each hand while holding some grass, dirt or batting gloves. The fist will keep his hands up.

- Steal Scrimmage-Play a live scrimmage game with runners stealing on first pitch. Put pressure on pitcher to throw a strike, catcher to make a good throw and fielders to react to steal. Steal either from 1st to 2nd or 2nd to 3rd on first pitch. Can allow batters to swing or not, depending on complexity coach wants to achieve.
- Taking Leads-Can teach older players to take leads as they get into tournament play with >60 ft base paths or in preparation for larger field at 13 years old. Player steps out with left foot, and then right foot comes through to a balanced position with feet spread out. Once set, take two more shuffle steps towards next base even with baseline. Players can steal on pitch, or return to base on a pick-off move. Coach can add in a secondary lead for advanced players. Coach can introduce stealing off pitcher or catcher, delayed steals or early steals, steals on bad pitches and walking leads when pitcher is in the wind-up.