

Baserunning Drills

First three drills are to practice technique of getting out of box, running in straight line through 1st base or rounding base, hitting inside corner of base, etc.

- **Home to 1st** – Batter takes a good swing; breaks hard out of box, runs straight line toward 1b; hits near edge of base; runs straight through bag; looks to right for overthrow.
- **Home to 2nd** – This is for ball that has been hit into outfield, so batter/runner thinks "double". Batter takes good swing, breaks hard out of box, runs outside (to right of) base line, leans left at 1st base and touches inside corner (either foot) and turns hard toward 2b. Only stop if outfielder handles ball and makes good throw to 2b.
- **1st to 3rd / 2nd to Home** – Put runners on 1st and 2nd; simulate ball hit into outfield so runner runs from 1st to 3rd or 2nd to home. Work on leaning hard into base, hitting inside corner of bag.

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- **"Leading" Drill** – Put runners on each base. Take proper ready position on base (left foot on bag, body facing next base), practice moving aggressively toward next base as ball crosses plate.
 - **Stealing Drill** – Put runners at 1b. Take proper ready position on base. Practice getting good jump and breaking hard to next base as ball crosses plate. Run straight line to next base, slide*. Do same drill with runners on 2nd base.

* Sliding – please consult league safety rules and policies on what type of slide to teach/not teach and proper sliding technique.

Situational Baserunning

Teach players what to do on ground ball, line drive, fly ball, etc., according to what base they are on and number of outs.

Example: Read and React Drill. Place three bases at 1st base, with three runners there. Coach hits fungo, and all three runners react accordingly. Then can do same for runners on 2nd, etc.

Practice each situation separately: R on 1, R on 2, R on 3, R 1&2, R 1&3, R 2&3, Bases Loaded.

Can also work on situational baserunning with overhand toss (runners react to batter hitting ball) or in scrimmage.