

BASE RUNNING

1. INFIELD HIT

- A. FIRST STEP OUT OF BOX & BAT CONTROL
- B. SHORTEST DISTANCE-STRAIGHT LINE
- C. TAKE A QUICK LOOK ONCE ON WAY 1/3 WAY DOWN
- D. TOUCH OUTSIDE HALF OF BASE (FOUL SIDE)
- E. RUN 3-4 STRIDES THROUGH BASE
- F. TURN QUICKLY TOWARDS 2ND-LOOK FOR BALL
- G. BACK TO BASE OR READY TO ADVANCE

2. ROUNDING BASE (ANY OF 1,2,OR 3)

- A. 2/3 WAY DOWN ROUND OUT
- B. OUTSIDE FOOT-INSIDE CORNER
- C. AGGRESSIVE BUT SMART
- D. STRAIGHT LINE TO NEXT BASE
- E. RUNNER IS EYES TO NEXT BASE (HELP FROM COACH)

3. ADVANCING (ONCE ON BASE)

- A. STANCE
- B. CROSS OVER STEPS
- C. EYES-IN FRONT (COACH IN BLIND AREAS)
- D. STRAIGHT LINE SAME RULES
- E. KNOW SITUATION (INNING, SCORE, OUTS, SPEED IN FRONT)
- F. TAGGING UP-RULE FROM EACH BASE SITUATION

BASERUNNING FUNDAMENTALS

Rob Fornasiere, Assistant Head Baseball Coach
University of Minnesota

PHILOSOPHY:

- Baserunning neglected - not coached enough - time indoors and outdoors each day.
- Players develop confidence in system and techniques
- Proper fundamentals creates a successful experience in game situations, which breeds confidence as a player - a confident ballplayer will perform the fundamentals routinely and in a relaxed, smooth fashion

I. Leaving Home Plate

- A. Right handed batter: push off left foot to get momentum going
- B. Left handed batter: push off right foot to get momentum going

II. Home to First

- A. Run in a straight line. Do not swing legs outward
- B. Run with head up
- C. Look for ball 3-5 steps down line
- D. Do not leap for 1B: run straight through the base
- E. Always touch 1B no matter how automatic the play may seem
- F. Run hard all the way through the base - do not slow down until you have passed the base
- G. Turn and look for ball after touching 1B

III. First to Second

- A. Rounding first base
 1. Once a base hit is recognized, start rounding path 1/2 to 1/3 of the way to 1B
 2. Touch the inside corner of the base at full speed - don't lose stride, don't lose speed
 3. Round 1B with the intent of going to 2B. The only thing that stops you from stretching a base hit into a double is the defense
 4. The turn at 1B should be hard and aggressive, at least 15' past 1B. Turn length varies with the way ball is hit
 5. Return to 1B with quickness, find ball, and check base coach for signals. Check outfielders.
- B. Lead-off 1B (initial lead)
 1. Stance should have flexion at ankles, knees, hips, but back is upright: arms hang loosely inside knees, fingers dangle, weight is evenly distributed.
 2. Shuffle off base - do not cross feet
 3. Start with 12' lead - work up to a 15' lead
- C. Return to 1B - stand up
 1. When pitcher throws over, hustle to outfield side of bag, touch with left foot, and turn away so chest faces outfield.
 2. Run to the bag, do not jump or leap to the bag
- D. Return to 1B - dive
 1. Dive for outfield side of base away from tag
 2. Take as big a lead as possible, but still be able to dive back
- E. One-way lead
 1. Philosophy of one-way lead is that no matter what the pitcher does, momentum goes back to 1B on first movement
 2. Used against left-handed pitchers with good moves
 3. When no signal is on, get a big initial lead and use one-way philosophy to protect against pick-off
- F. Two-way lead
 1. A more conservative lead, but weight is distributed more evenly so player can go either way on action by pitcher or batted ball.
 2. Used when stealing, hit and run, bunt and run, sacrifice bunt or when a good secondary lead is important

- G. Secondary lead
 - 1. After pitch is delivered, shuffle toward 2B with weight on toes, but evenly distributed to go either direction
 - 2. Set up a delayed steal by watching catcher's habits and middle infielder's habits
- H. Double
 - 1. Same turn rules at 1B
 - 2. Do not round 2B unless you are going to 3B

IV. Second to Third

- A. Lead off 2B
 - 1. Basic rule is: Lead off far enough so that no matter what the pitcher or middle infielders do you can always dive back and be safe (check outfielders)
 - 2. Once initial lead is taken, do not jump around. Let the middle infielders do whatever they want, just watch the pitcher. The only time you get picked off 2B is when you do not watch the pitcher.
- B. Secondary lead off of 2B
 - 1. After pitch is delivered, get a big secondary lead with a staggered stance so that you can move in either direction
 - 2. Return to base after pitch has crossed plate and no play is to be made
 - 3. Deepend lead with 2 outs to get better angle to score
 - 4. Ground ball rule: ball at you or to your left - go!
- C. Steal from 2B to 3B
 - 1. Walking lead - take a walking lead to get a big jump on the pitcher. The only way to steal 3B is to time the pitcher's stretch and get a jump.
 - 2. Slide to outfield side of 3B to avoid tag

V. Third to Home

- A. Lead-off 3B
 - 1. Shuffle off base in foul territory
 - 2. As ball is delivered, take secondary lead and finish in staggered stance with weight on lead foot. Face and chest must be facing home plate.
 - 3. Return in fair territory with eyes on catcher
- B. Suicide squeeze
 - 1. Take normal initial lead
 - 2. Break for plate when pitcher reaches secondary power position, regardless of whether pitcher was in wind-up or stretch

VI. Tag-up on Sacrifice Fly

- A. Tag at 2B
 - 1. On ball to LF or LC, put right foot on base with whole body facing 3B
 - 2. Turn only head to watch ball being caught
 - 3. On ball to right-center or right field, put left foot on base, have body face 3B, and turn only head to watch ball being caught
- B. Tag up at 3B
 - 1. Tag with left foot on base
 - 2. Swivel head to appropriate field
 - 3. Chest should be facing home plate

VII. First to 3B Advance

- A. Ball in front of runner - his decision
- B. Ball behind runner - use 3B coach
- C. Find the ball - find the coach - find the bag
- D. Hesitation is when you get thrown out

VIII. General Notes

- A. Use base coaches, but 90% of baserunning is on your own
- B. A player can be a good baserunner without having great speed

BASERUNNING TEACHING PROGRESSIONS

HOME TO 1ST:

____ out of box
____ look
____ straight line
____ front side of base
____ look for error
____ run through base
____ slide?
____ turn at 1st
____ dbl. rule

2ND - 3RD:

____ lead-off 2B - dive!
____ check OF
____ score from 2B
____ pro-play (R on 3B, also)
____ steal 3B
____ slide at 3B on steal
____ 2 out lead
____ tag at 2B

3RD - HOME:

____ lead-off 3B
____ return to 3B
____ tag at 3B (fair-foul)
____ steal home
____ suicide squeeze
____ 1 out score
____ 0 out situation

1ST - 2ND

____ taking signs
____ check OF
____ initial lead / stance
____ peek signals
____ return to 1B
____ tag at 1B / part way
____ part way
____ delay steal
____ steal (green light)
____ Hit & run
____ Run & hit
____ bunt & run / run & bunt
____ RHP reads
____ LHP reads/1st movement
____ 1st to 3rd advance
____ fake steal

ALL DOUBLE STEALS

____ straight steal
____ double steal
____ Oh shit
____ Delayed dbl. steal
____ Early break 3B LHP
____ Early break 1B RHP
____ Slow move to 1B
____ Long lead at 1B

from the...

SKILLS CLINIC



Noah Grunewald of Sonora, California, wants to know:

"What's the best way to slide safely into a base?"

Step 1: Begin your slide about 10 feet before you reach the base. A slide is simply a controlled fall.

Step 2: Push off with either leg (let's use the right leg as an example), extending the other leg (in our example, your left) in front of you.

Step 3: As you extend your left leg, tuck your right leg under your left thigh, so that if you looked at your slide from above, your legs would resemble the number 4. Slide on your backside and lower back. Keep your head and shoulders forward, so that you can watch the bag as you slide toward it. Slide straight into the base. Keep your hands up off the ground to avoid scraping them.



Step 4: When your foot (your left foot in our example) hits the bag, bend your knee. This will absorb the shock and prevent injuries. Your body will come to a stop while you are still touching the base. Be sure to ask for time out before you take your foot off the base to stand up.

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BY DAVID MADISON