



Drills: Four-Corner Sprints

Goal:

To practice aggressive running techniques

Description:

Players divide into four groups, with one group stationed at each of the four bases. Players assume that the base they are starting on is first base. On your command, players sprint to the next base, executing good stealing form. For variety from day to day, players can work on different aggressive techniques. This drill can be executed using several variations.

Variations:

1. Players at home take an imaginary swing and sprint to first base with emphasis on sprinting through the base, sitting down on their heels and glancing to the right. Players at first get a 12-foot stealer's lead, jab step, cross over and sprint through second base with emphasis on good running form. Players at second take a Lopes lead, walk toward the mound, break and sprint to third with emphasis on taking an angle to third when stealing. Players at third tag up and sprint to home plate. Players go around the bases three times.
2. A pitcher (can be coach or player) is on the mound and simulates the pitching motion. Players work off the pitcher's motion instead of your command.
3. Players are a line at only one base and work on skills from that base such as tagging up and scoring at third, stealing third, scoring from second and so on.

