



Steal Breaks – 1st and 2nd

Skill Set: Base Running

Difficulty Level: Easy

Number of Athletes and Coaches: All athletes and 1 coach

Average Time to Complete: 15 minutes

Equipment Required: Field, helmets

Goal: React to the pitcher, diving back to the base or breaking for a steal

Description of the Drill:

- Runners start on first base, second base, or first and second base
- Pitcher/Coach starts on the mound
- Runners can be one, two, or three deep at each base
- Pitcher/Coach will mix dry throws delivering the ball home or picking to a base
- Runners take their initial leads from bases
- Runners will react to the pitcher, diving back to the base on picks or getting steal break when pitcher delivers the ball home.
- Each player rotates from 1st base, to 2nd base, then back to the line at 1st base

Layout of Drill:

