

Rundown/Hot Box/Pickle

Get the softball into your throwing hand.

You want this so you can tag or throw quickly.

Choose your throwing path.

Both infielders, whether throwing the ball or receiving it, should get to the same side of the base runner. For example, both players get to the infield grass side. This will prevent the throw hitting the runner, and gives both thrower and receiver a clear line of sight.

Run toward the target.

If you have the softball, it is your job to run hard at her, so she can make a decision. If you run hard, she has to run hard and it is more difficult to stop and change directions. Make her commit and either tag her or give the ball up to the receiving infielder. If you are receiving the softball, you should close the gap between you and your partner. This makes it more difficult for the runner to stop and get going the other direction before you can tag her. Also, this will keep the play in the middle of the bases and not close enough to where she can make an athletic slide and get in safely.

Follow your throw.

For example- If you are playing first base and you throw it to the shortstop, peel off and continue to second base. You will be in line behind the second baseman who is waiting for the next throw, and if the shortstop gives the softball up, she goes to first base and gets in line. It is set up this way just in case it takes longer than two throws.

Get out of the baseline.

After you make a throw to another infielder, make sure to peel off and never cross the baseline. Stay out of the way of the runner. If the runner makes contact with any player from your team that doesn't have the softball, she is automatically safe. So stay out of the baseline.

Communicate.

The receiving infielder should use a command like "now" when she wants to get the ball. This will help when closing the gap and hopefully when you give it up she can catch and tag right away.

Secure the ball for the tag.

When making a tag, keep the ball in your throwing hand but wrap your glove around it. This is so the ball is secured and won't come out if there is a little collision. Remember you have to tag her with the ball. You can't have the ball in your throwing hand and tag her with your glove.

To Fake or not to Fake?

Try not to use pump fakes. This is tough because they usually work. The problem is that you don't only fake the runner - you usually fake out the receiving infielder. We'll be successful more time without using the fake throw. Practice, practice and more practice.