

## **Basic Baserunning drills – ALL DRILLS FOCUS ON RUNNER KEEP EYES ON THE BALL**

**Lead-offs (Rocker Step)** - Coach pretends to pitch and runners practice leading off at each base. If beginners make sure to have another coach watching to make sure runners are leading off correctly. Cueing runners helps to get timing down.

**Back or go** – Runners lead off then have to listen to coach on whether to get back to base or go to next base. Diving can be implemented into this drill.

**When to go back to the base** Have pitcher throw to catcher, runners only return to base once catcher throws ball back to pitcher. More complex drill is having catcher throw to bases to work on getting back to base and diving. FOCUS: KEEP EYES ON BALL AT ALL TIMES

**Stealing** - Have coach pitch, runner works on getting a good lead off and straight steal with slide to the base.

**Passed ball** - Coach pitching deliberately throws ball in dirt. Runner works on good lead off, square up watching the ball, and then once passed or bobbled steal next base.

**Running different base distances** – home to first with breakdown, 1<sup>st</sup> -3<sup>rd</sup>, etc. Rounding bases

**Tag –ups** – Explain what it means to tag up to a base and when it is ok to take a lead off or stay on the base depending where the ball is. 1) Runner on third - Work on getting back to the base on a outfield fly and then leaving the bag once the ball is caught.

**Variety Drill** – Have player split up on the bases. Have coach pitch the ball.

- Home plate pretends to back runs through first base and then returns to first
- 1<sup>st</sup> base runner steals 2<sup>nd</sup> with slide – returns to 2<sup>nd</sup>
- 2<sup>nd</sup> base runner runs to third proceeding to home standing up. They are trying to beat third base runner – returns to 3<sup>rd</sup>
- 3<sup>rd</sup> base leads off and tags up, waits for coach to say go (like the ball is caught) and runs straight through home. (The 2<sup>nd</sup> base runner is shortly behind adding some competition) - Returns to home.
- THIS IS A RELAY and is continuous. May go through as many times as you like.

THERE ARE LOTS OF DRILLS ON THE INTERNET!!! DON'T BE AFRAID TO LOOK UP DIFFERENT DRILLS!