

Base Running Drill

To be a good base runner you don't have to be the fastest player on your team. But you do have to be aware of the play around you--thinking always two bases ahead and how am I going to accomplish it.

The key is hard work (practice), desire and hustle. A coach once told me, "A good base runner must maximize his speed with minimal strides." These tips I hope will help you with your base-running.

Stomping the bag

- When running to first base have the player hit the top of the bag with their left foot--thereby "stomping the bag."
- Have a coach stand about four paces behind the bag up the baseline.
- The players should break down the line with chopping steps; getting their butts low to the ground and coming to a stop before reaching the coach.
- This way they are in an aggressive position ready to take advantage of an overthrow or be prepared to return back to first base if they are ruled safe

Rounding the bases

- When rounding a base coaches should remember the focus is on maximizing speed with minimum steps.
- Players should leak ") "out of the base path when running and squaring up their shoulders to the corner of the base.
- Don't run the "?" path because this takes momentum away from the base runner.
- Don't worry about which foot you hit the corner of the base with just don't stutter step to the corner because this will diminish your speed.