

"Getting 'em to run"

"Do not expect a player to do something in a game that you have not been over in practice."

The following drills are part of our daily practice program to help our players improve their 'running game.' We spend a little time (10-15 minutes) on one or more of these drills each day.

Basic leads

Goal:

"Do not expect a player to do something in a game that you have not been over in practice."

The following drills are part of our daily practice program

to help our players improve their 'running game.' We spend a little time (10-15 minutes) on one or more of these drills each day.

Basic leads

Goal:

Understanding basic knowledge of the lead.

Process: Keep it simple. 4 step lead at each base (right-left-right- left-turn). Add a step at 2b and 3b, depending on the defensive player, if you can. Teach-demonstrate-practice.

Time: Five minutes at each base

Going back to 1B

Goal:

Diving back into 1B on pickoff attempt

Process: Teach how you want them to go back into the bag. Partner up. One player gets a lead, their partner stands on line (use the outfield grass foul line). Runner dives back into bag (partner's foot is the base)... do this several times. Make corrections. Rotate partners

Time: 10 minutes

Going back to 2B

Goal:

Teach player that he can keep his lead if the SS or 2B stands on the bag.

Process: Teach lead. Have 2B hold runner at bag. Have pitcher turn for pick off to 2b. Baserunner should get back safely. Use multiple runners.

Time: 10 minutes

Going back to 3B

Goal:

Teach player that he can keep his lead if the 3B stands on the bag.

Process: Teach lead. Have 3B hold runner at bag. Have pitcher turn for pick off to 3B. Baserunner should get back safely. Use multiple runners. Teach player to keep his eyes on the pitcher until he commits to home with the pitch.

Time: 10 minutes

Dirt ball reads

Goal:

Teach players to become aggressive by reading the ball before and after it is blocked.

Process: Need pitcher / coach & catcher in full gear. Divide players up evenly at each base. Pitcher throws random balls into the dirt (fb or cb). Base runners do not have a "runner" in front of them. They see the ball, and go. We teach runner at 1B to go automatically if the ball hits in front of the plate. 2B & 3B runners must "start first, then read the ball & catcher" Two or three runners at a time at each base.

Time: 3-5 minutes at each base then rotate.

1st & 3rd offensive plays

Goal:

Understanding basic knowledge of the 1st and 3rd offensive plays.

Process: Teach what you want done at each base. Explain what & how you want it done--early breaks/late breaks. Do one base at a time, then do a dry run without a defense, and then do it live. Talk-demonstrate-practice.

Time: 10-15 minutes