



Rounding 1st Base

Skill Set: Base Running

Difficulty Level: Easy

Number of Athletes and Coaches: 1-5 athletes and 1 coach, or 6 athletes as a group

Average Time to Complete: 10 minutes

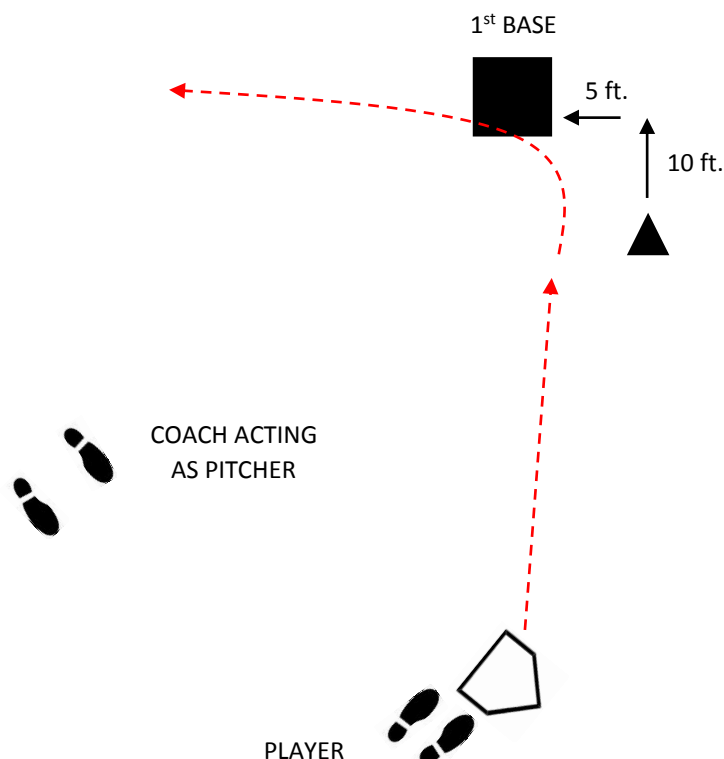
Equipment Required: Base, bat, cone

Goal: Round 1st base by staying inside the cone and striking the inside corner of the bag

Description of the Drill:

- Player starts in the batter's box with a bat, other players in a line behind them against the fence of the backstop
- Coach/partner acting as pitcher, goes through a wind-up without a ball for every hitter
- Cone set up 5 feet in foul territory from the 1st base foul line, 10 feet up the line from 1st base
- The batter swings, drops the bat, and runs to first, staying inside of the cone and striking the front inside corner of 1st base
- The runner slows down after rounding the bag, coming to a shuffle and then getting back to 1st base, then jogs to the back of the line at home plate
- Each player rotates through the line so that they each round 1st base 5 times

Layout of Drill:





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

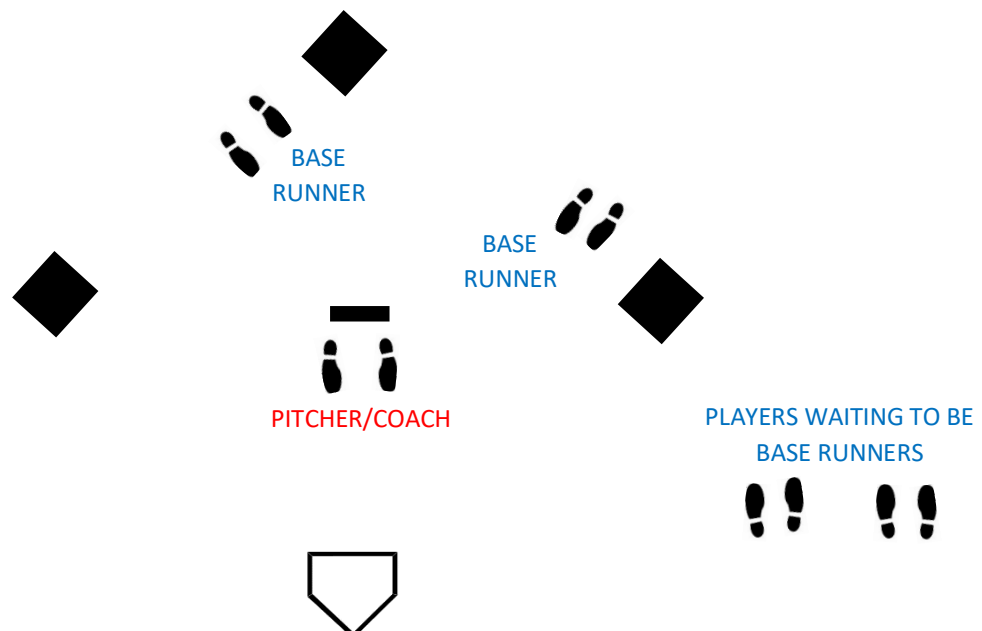
Equipment Required: Field, helmets

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:





Steal Leads from 1st Base

Skill Set: Base Running

Difficulty Level: Easy

Number of Athletes and Coaches: 1-5 athletes and 1 coach, or 6 athletes as a group

Average Time to Complete: 10 minutes

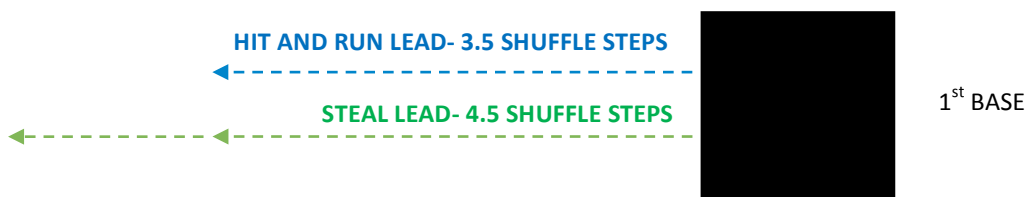
Equipment Required: Base

Goal: Take good leads to successfully reach second base on a steal or a hit and run

Description of the Drill:

- Player starts on 1st base, other players in a line behind 1st base
- Coach/partner acting as pitcher, goes through a wind-up without a ball for every lead
- Rotations:
 - Player takes a steal lead (4.5 shuffle steps), pauses but keeps the feet moving, reads the pitcher's shoulder to get a jump on the pitch and take off toward second, then returns to the back of the line
 - Player takes another steal lead (4.5 shuffle steps), pauses but keeps the feet moving, then steps or dives back to the base and gets in the back of the line
 - Player takes a hit and run lead (3.4 shuffle steps), looks in, then squares shoulders to second base and runs hard toward second base
- Each player rotates through each lead 3 times

Layout of Drill:





Team Baserunning

Skill Set: Base Running

Difficulty Level: Easy

Number of Athletes and Coaches: Full defense, 3-4 players as baserunners, coach

Average Time to Complete: 20 minutes

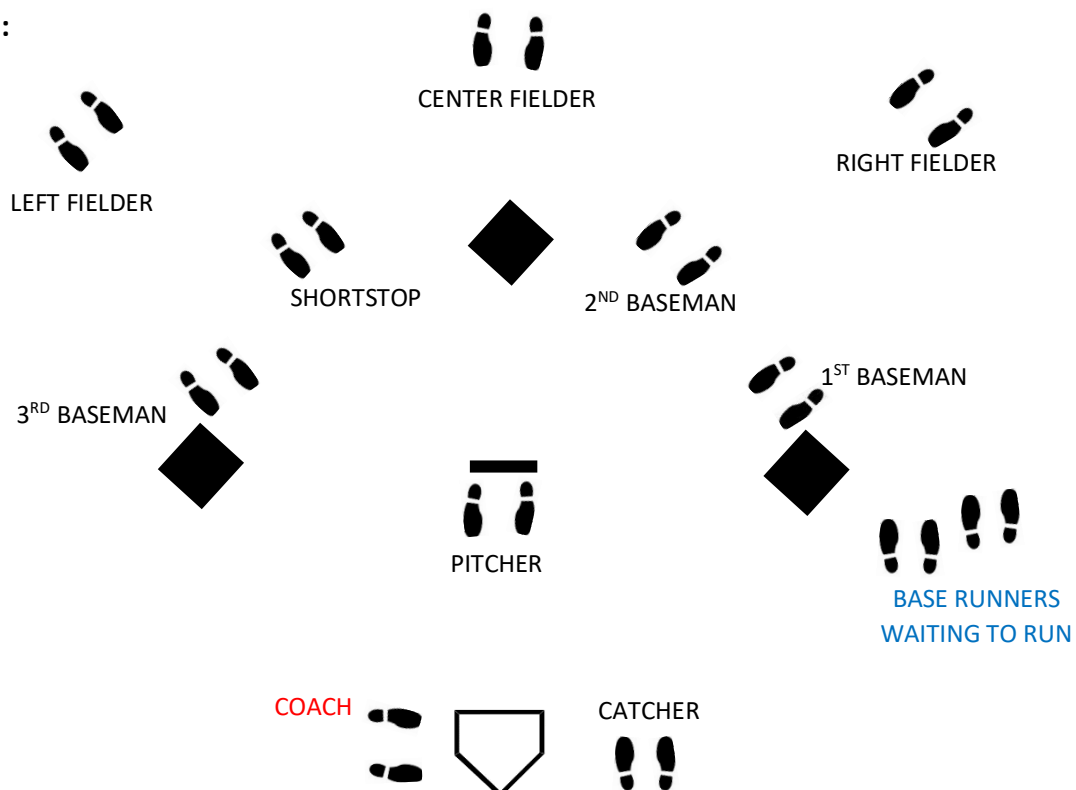
Equipment Required: Field, balls, bat, helmets, gloves

Goal: Work on defensive and baserunning situations with baserunners on base

Description of the Drill:

- Have players go to defensive positions so there is a full defense on the field
- Coach sets up at home plate with a fungo or bat and bucket of balls
- Runners on the bases wearing helmets
- Coach decides on and calls out the situation, ex: one out, runners on 1st and 2nd
- Catcher or another coach delivers a soft toss pitch from the side to the coach with the fungo, coach hits the ball to provide live reads for the defense and base runners
- Defense will play the situation the coach determines
- Once the play is finished, defense and base runners reset for next situation
- Each player rotates through the line so that they each round 1st base 5 times

Layout of Drill:





All the Way Through 1st Base

Skill Set: Base Running

Difficulty Level: Easy

Number of Athletes and Coaches: 1-5 athletes and 1 coach, or 6 athletes as a group

Average Time to Complete: 10 minutes

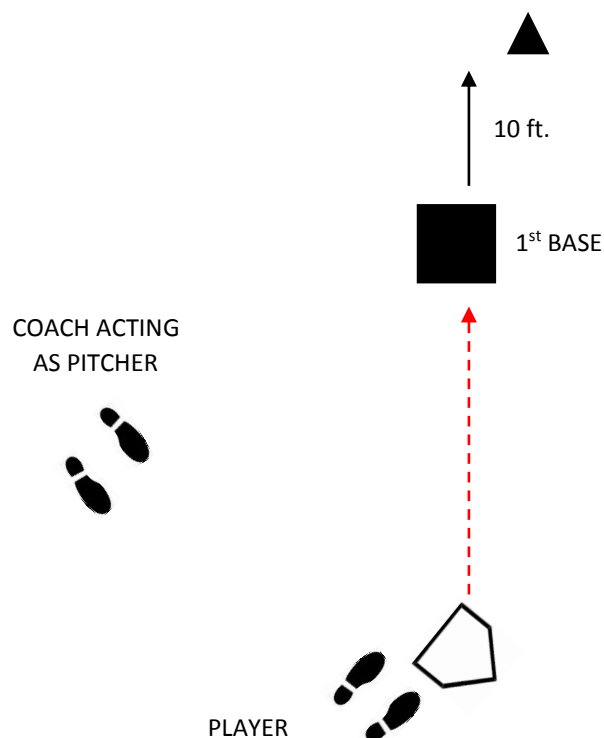
Equipment Required: Base, bat, cone

Goal: Run through 1st base, striking the front of the bag and breaking down at the cone

Description of the Drill:

- Player starts in the batter's box with a bat, other players in a line behind them against the fence of the backstop
- Coach/partner acting as pitcher, goes through a wind-up without a ball for every hitter
- Cone set up 10 feet behind 1st base
- The batter swings, drops the bat, and runs all the way through 1st base, striking the front of the bag with their foot
- The runner slows down after crossing the bag, breaking down at the cone using wide feet, short choppy steps, and looking towards the 1st base side fence to see if the ball was over thrown
- Once the runner comes to a stop, they jog back to home plate to get back in line
- Each player rotates through the line so that they each run all the way through 1st base 5 times

Layout of Drill:





Balls in the Dirt Breaks

Skill Set: Base Running

Difficulty Level: Easy

Number of Athletes and Coaches: All athletes, 1 coach, and catchers

Average Time to Complete: 15 minutes

Equipment Required: Field, bucket of balls, helmets

Goal: Read the pitch and decide if the next base can be taken on a ball in the dirt

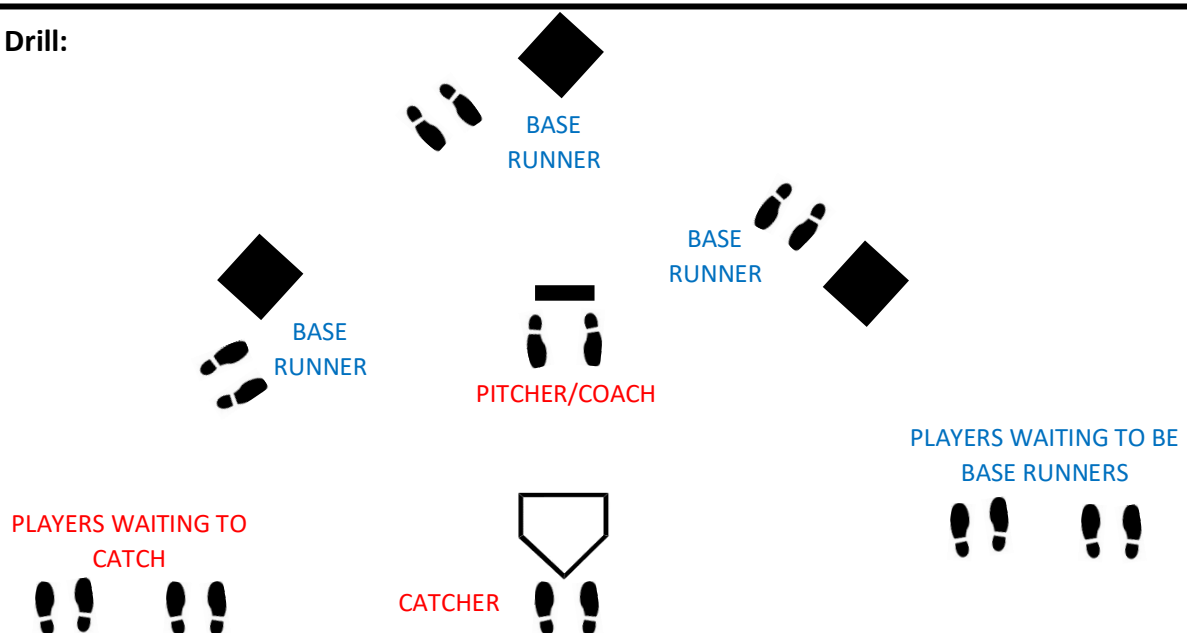
Description of the Drill:

- Runners at each base with helmets on
- Pitcher/coach on the mound with catchers at home plate in full gear, taking turns
- Runners take initial lead from the bases, take secondary lead when the ball is delivered home
- Pitch is delivered in the dirt for the catcher to block. Catcher blocks and recovers, gets in position to throw the ball to a base
- Runners will read the pitch and decide if they can advance to the next base
- Runners can read independently or in unison with the other runners
- Coach has the option to put infield defense in place for catcher to throw to bases
- Each player rotates through the line so that they each lead off of 1st base 5 times

Add Difficulty:

- For added difficulty, players can play defense in the infield positions to allow for the catcher to throw to bases to get baserunners out

Layout of Drill:





Baserunning Circuit

Skill Set: Baserunning

Difficulty Level: Easy

Number of Athletes and Coaches: Athletes broken into 4 groups, 1 group per station

Average Time to Complete: 20 minutes, each station takes 5 minutes, then groups rotate stations

Equipment Required: Bases

Goal: Focus on baserunning fundamentals including rounding and leads at each base.

Baserunning Stations

The following stations should be set up on a field or on throw down bases, with a coach or pitcher on the pitcher's mound to simulate the windup and pitch.

1. Rounding 1st Base – 5 minutes

- Player starts in the batter's box with a bat, other players in a line behind them against the fence of the backstop
- Coach/partner acting as pitcher, goes through a wind-up without a ball for every hitter
- Cone set up 5 feet in foul territory from the 1st base foul line, 10 feet up the line from 1st base
- The batter swings, drops the bat, and runs to first, staying inside of the cone and striking the front inside corner of 1st base
- The runner slows down after rounding the bag, coming to a shuffle and then getting back to 1st base, then jogs to the back of the line at home plate
- Each player rotates through the line so that they each round 1st base 5 times

2. Leads from 1st Base – 5 minutes

- Player starts on 1st base, other players in a line behind 1st base
- Coach/partner acting as pitcher, goes through a wind-up without a ball for every lead
- Rotations:
 - Player takes a basic lead (3.5 shuffle steps), pauses, then goes back to the bag and gets in the back of the line
 - Player takes an aggressive lead (4.5 shuffle steps), pauses but keeps their feet moving, then steals 2nd base
 - Player takes a basic and secondary lead (3.5 shuffle steps plus 3 more aggressive shuffles) then goes back to the bag and gets in the back of the line
 - Player takes a defensive and secondary lead (3 shuffle steps plus 3 more aggressive shuffles), pauses, then goes back to the bag and gets in the back of the line
- Each player rotates through each lead 3 times

3. Leads from 2nd Base – 5 minutes

- Player starts on 2nd base, other players in a line behind 2nd base
- Coach/partner acting as pitcher, goes through a wind-up without a ball for every lead

- Rotations (each lead should be slightly angled back):
 - Player takes a lead (10-15 feet) shuffling their feet, pauses, then goes back to the bag and gets in the back of the line
 - Player takes a lead (10-15 feet), pauses but keeps their feet moving, then takes a couple more steps towards 3rd base when the pitcher goes to throw to the plate
 - Player takes a lead (10-15 feet), keeps shuffling further as pitcher delivers to the plate, then steals 3rd base
- Each player rotates through each lead 3 times

4. Leads at 3rd Base – 5 minutes

- Player starts on 3rd base, other players in a line behind 3rd base
- Coach/partner acting as pitcher, goes through a wind-up without a ball for every lead
- One player acts as a 3rd baseman in defensive position
- Rotations (each lead should be in foul territory, and return to the bag should be in fair territory):
 - Player takes a lead (so that they are even with the 3rd baseman) shuffling their feet or walking, pauses, then goes back to the bag quickly and gets in the back of the line
 - Player takes a lead (so that they are even with the 3rd baseman), pauses but keeps their shoulders pointed towards home plate, then acts as if the ball has been hit and runs home
- Each player rotates through each lead 3 times



Baserunning Conditioning

Skill Set: Team

Difficulty Level: Easy

Number of Athletes and Coaches: Coaches and Team

Average Time to Complete: 10 minutes

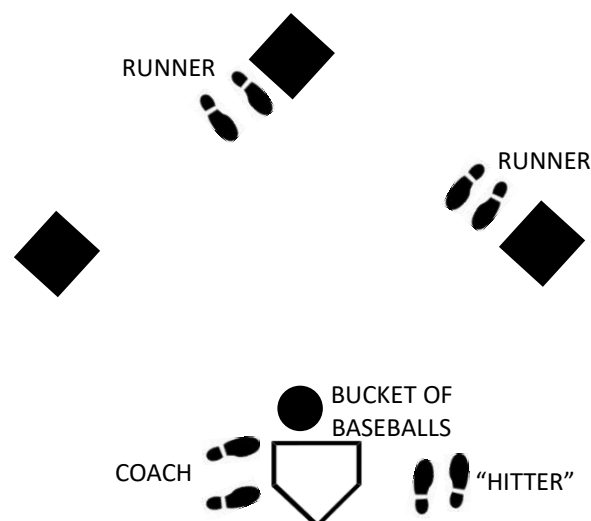
Equipment Required: Field or throw down bases, coach with fungo and bucket of baseballs

Goal: Focus on running the bases properly based on the hit and conditioning.

Description of the Drill:

- Start with runners on first and second and one player in the batter's box. Have all other runners in a line behind home.
 - Have a coach in the third base box and another coach out in front of home with a bat and baseballs.
 - The coach will hit a ball to any part of the field. All ground balls will be considered to be base hits. All fly balls will be considered singles also.
 - All baserunners should behave as if there is a defense.
 - Runner in the batter's box ("hitter") will run hard through first base on a ground ball or round the base on a ball hit in the air to the outfield.
 - Runner at first will run hard to second on a ground ball to the infield. This runner will pick up the third base coach on any ball hit to the outfield to determine whether to stay at second or proceed to third.
 - Runner at second will go straight to third on a ground ball. On a fly ball, this runner will round third and pick up the third base coach to determine whether to score.
 - Runner at third will tag on a fly ball and run when the ball hits the ground.
 - Keep rotating players through this drill until each player has been the "hitter."
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Layout of Drill:





Leads from 1st Base

Skill Set: Base Running

Difficulty Level: Easy

Number of Athletes and Coaches: 1-5 athletes and 1 coach, or 6 athletes as a group

Average Time to Complete: 10 minutes

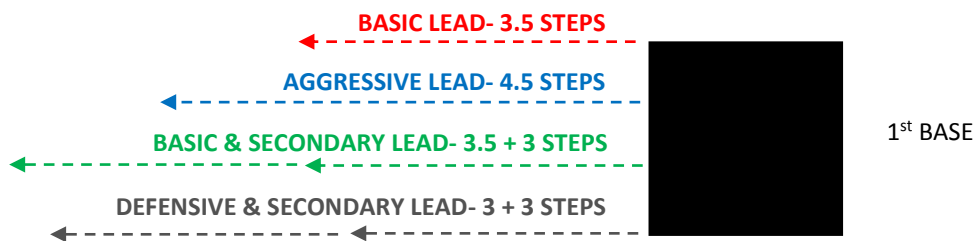
Equipment Required: Base

Goal: Take good leads to increase the chance of making it to the next base

Description of the Drill:

- Player starts on 1st base, other players in a line behind 1st base
- Coach/partner acting as pitcher, goes through a wind-up without a ball for every lead
- Rotations:
 - Player takes a basic lead (3.5 shuffle steps), pauses, then goes back to the bag and gets in the back of the line
 - Player takes an aggressive lead (4.5 shuffle steps), pauses but keeps their feet moving, then steals 2nd base
 - Player takes a basic and secondary lead (3.5 shuffle steps plus 3 more aggressive shuffles) then goes back to the bag and gets in the back of the line
 - Player takes a defensive and secondary lead (3 shuffle steps plus 3 more aggressive shuffles), pauses, then goes back to the bag and gets in the back of the line
- Each player rotates through each lead 3 times

Layout of Drill:



Leads from 2nd Base

Skill Set: Base Running

Difficulty Level: Easy

Number of Athletes and Coaches: 1-5 athletes and 1 coach, or 6 athletes as a group

Average Time to Complete: 10 minutes

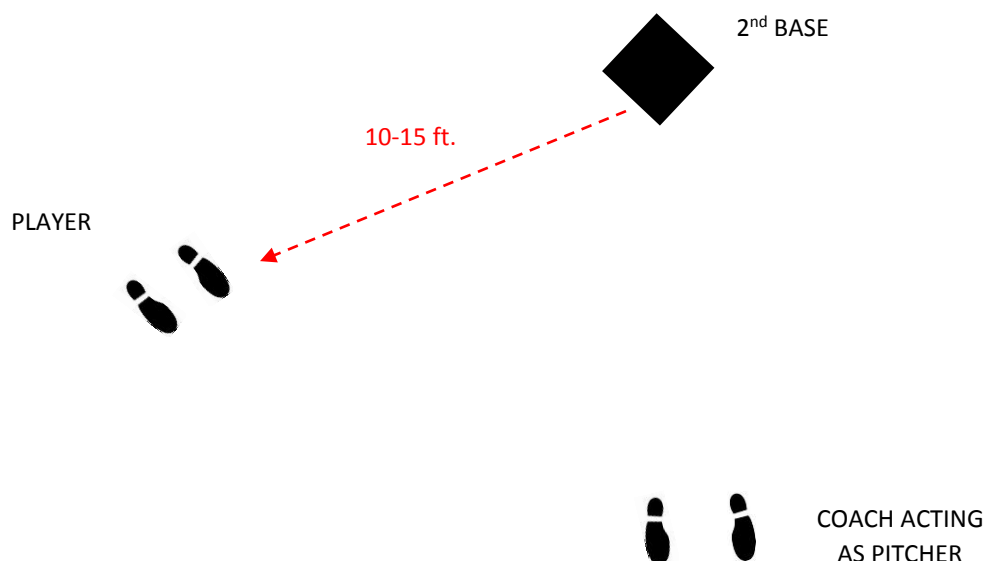
Equipment Required: Base

Goal: Keep feet moving to react to throws and get back to the bag or go to 3rd base

Description of the Drill:

- Player starts on 2nd base, other players in a line behind 2nd base
 - Coach/partner acting as pitcher, goes through a wind-up without a ball for every lead
 - Rotations (each lead should be slightly angled back):
 - Player takes a lead (10-15 feet) shuffling their feet, pauses, then goes back to the bag and gets in the back of the line
 - Player takes a lead (10-15 feet), pauses but keeps their feet moving, then takes a couple more steps towards 3rd base when the pitcher goes to throw to the plate
 - Player takes a lead (10-15 feet), keeps shuffling further as pitcher delivers to the plate, then steals 3rd base
 - Each player rotates through each lead 3 times
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Layout of Drill:



Leads from 3rd Base

Skill Set: Base Running

Difficulty Level: Easy

Number of Athletes and Coaches: 1-5 athletes and 1 coach, or 6 athletes as a group

Average Time to Complete: 10 minutes

Equipment Required: Base

Goal: Get footwork ready to score, keep feet moving, but don't get too far from the bag

Description of the Drill:

- Player starts on 3rd base, other players in a line behind 3rd base
 - Coach/partner acting as pitcher, goes through a wind-up without a ball for every lead
 - One player acts as a 3rd baseman in defensive position
 - Rotations (each lead should be in foul territory, and return to the bag should be in fair territory):
 - Player takes a lead (so that they are even with the 3rd baseman) shuffling their feet or walking, pauses, then goes back to the bag quickly and gets in the back of the line
 - Player takes a lead (so that they are even with the 3rd baseman), pauses but keeps their shoulders pointed towards home plate, then acts as if the ball has been hit and runs home
 - Each player rotates through each lead 3 times
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Layout of Drill:

