

4-3-2-1

Baserunning, conditioning

T

BASERUNNING



- **Line them up:** All in line behind home plate.
- All players run 4x to 1st, 3x to 2nd, twice to 3rd, then once all the way around.
- **Key point:** Next-in-line goes when runner in front is halfway to 1st.
- **Make it a game:** Player misses base or slows down, team starts over (advanced).

BEAT 'EM HOME

Baserunning on fly-balls

G/T

BASERUNNING



- **Line them up:** One catcher, one 3rd baseman. Remainder take turns running at 3rd or playing left field.
- Coach hits fly ball to left fielder. Runner at 3rd gets off base a few steps as ball is in air.
- If ball is caught, runner re-touches base and goes home. Ball not caught, runner goes straight home.
- Fielder throws home, trying to get runner out.
- **Make it a Game:** Keep track of runs scored and outs made.

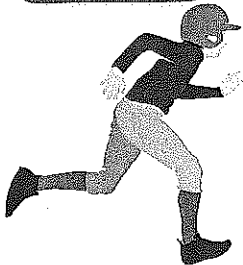
Base running

DOWN TO FIRST

Running to 1st

I/G/T

BASERUNNING



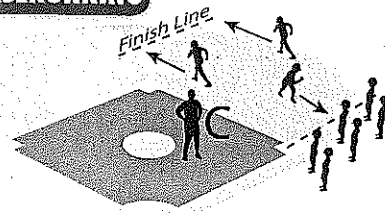
- **Line them up:** Players line up behind home plate.
- On "Go!" have them run their fastest to 1st, one after another.
- Encourage players to overrun 1st base and not to leap to base.
- **Key point:** Teach players to glance to right upon hitting bag, looking for wild throw.
- **Make it a Game:** Time players' first trip down, then see how many can improve.

GO OR GET BACK

Getting good jumps off base

G/T

BASERUNNING



- **Line them up:** 2-3 equally-numbered teams lined up on outfield foul line. Create "finish-line" 20-40 yards away.
- Foul line is base. First player from each group takes a lead-off.
- From stretch, coach simulates throw home or pick-off move to 1st. On throw home, runners race to finish-line. On pick-off, they dive back to line.
- **Key point:** "No lead-off" divisions: Runners practice getting off base after pitch. Coach calls, "Passed ball!" and runners go. "Throw down!" runners get back.
- **Key point 2:** "No stealing" divisions: Work on running on grounders/waiting on flies.
- **Make it a game:** Team gets points for first to finish line or back to base.