

BASE RUNNING RULES

Home/On Deck

- Help out with a play at the plate
 - Inside/outside
 - Down/up
- Work on timing up the pitcher
- Watch for pitcher tendencies
- After the at-bat, talk w/ on-deck batter and coach about what you saw

Out of the box

General:

- Watch the first basemen's feet. No diving or sliding into 1st – unless the throw brings the 1B up and off the bag
- Coach's cue words = Run thru, big turn, or 2
- Be sure to be thinking 2 out of the box on **anything** to the outfield
- Anything in the air to the OF should be automatic two bases for batter
- If there is a runner on 3rd, & batter hits a GB to 1st, runner should STOP to force a tag. NEVER back up!

Infield Hit:

- Hit the front edge of the base
- Lean into base
- Peek over right shoulder for overthrow
- Break down after base
- Walk back to find the ball

Base Hit:

- Hit inside corner
- Keep your turn as tight as possible
- After rounding shoulders should be square to the ball
- Further the ball is away from you, the bigger your turn

1st Base

- Aggressive lead
- Sprinter style, make it look like a steal. Goal is to get the other team to yell "going"
- Be on time: off prior to the pitch release (top of circle or before foot hits)
- Step and a dive off should be distance of lead (3 to 4 steps depending on which foot starts on bag)
- Reading angle down, reading ball off bat, passed ball – bobble and ball in the dirt
- Come straight back to the bag – dive to the back corner
- Where the ball is hit determines how far off the bag you get
- On a fly ball, go as far as you can. The further it is away from you, the further you go toward 2B
- Back to tag on foul balls
- Pick coach up halfway on a ball to RF. If ball is front of you, it's your decision
- Check the OF before every pitch and know when a ball is going to get down.
- Sneak a peek on steal with less than 2 outs
- Break up a double play on any ground ball play at 2B with less than 2 outs
- Don't run into double play tag on ground ball to second baseman

2nd Base

- Same lead as 1B just a little bigger. Lead should be big enough to make 2B cover bag.
- Angle out slightly to set up a better turn at 3rd, especially with 2 outs
- In the air deep – work off the bag, hold your ground, then read the OFer to determine whether to tag or advance—keep the feet moving. Don't get caught going in the wrong direction if ball is caught/missed.
- Fly ball catchable ball to the Rfer—go back to tag and sprint from base when ball is caught. Continue unless coach holds up stop sign.
- On a GB less than 2 outs, see the ball go through the IF or see the fielder make a throw before breaking to 3B.
- Always see a GB by the pitcher with less than 2 outs.
- Check the OF every pitch, think score!!

3rd Base

- Take your lead later, less aggressive walking lead. Keep shoulders square toward home plate
- Lead off in foul, come back to the bag in fair to take away the catcher's throwing lane
- Always check where IF is playing with less than 2 outs. Think about what type of ball you can score on based upon where they are playing, how hard the ball is hit, and your speed.
- Runners at 2nd and 3rd less than 2 outs, groundball→ go
- Slow ground ball to middles→ go
- Read angle down GB
- Always see a GB by the pitcher with less than 2 outs.
- Go back on anything right back to the 3B. Be careful on lead if they are playing back by the bag.
- GB, bases loaded, less than 2 outs—slide in front of catcher to break up DP.
- Any ball in air less than 2 outs, get back to tag ASAP
- When tagging, sprint from bag when catch is made. Continue toward home unless coach throws up stop sign. Prepare for a late stop sign—plant and sprint back.

ABSOLUTES

BASERUNNING IS AN ATTITUDE

WANT THE NEXT 60 FEET

FREEZE ON A LINE DRIVE

DOWN OR AROUND

TWO OUT APPROACH

SHALLOW IN THE AIR STAY OFF THE BAG

GET ON A GOOD LINE TO NEXT BASE, NEED GOOD ROUNDS

HEISTATE OR BAD JUMP ON A SB OR DOWN ANGLE/CHANGE UP, STAY PUT

OUT OF THE BOX

RELEASE BAT ON FINISH

GOOD FIRST STEP

STRAIGHT THROUGH, HIT FRONT PART OF BAG

LEAN

BREAK IT DOWN, LOOK OVER RIGHT SHOULDER

SLOW BACK, LOOK FOR OPEN BAG

ONCE BACK, LOOK FOR SIGN, TALK WITH 1B COACH

GENERAL THOUGHTS ON STEALING

RISK NOT WORTH REWARD UNLESS 75% SUCCESS

NO STAT FOR THE PRESSURE PUT ON DEFENSE

COMMON MISTAKES IN STEALING

STANCE SET UP

1ST 3 STEPS

PASSIVE ARM ACTION

NOT RUNNING IN A STRAIGHT LINE

THE SLIDE

3 THINGS TO KNOW WHEN STEALING

YOUR SPEED

PITCHERS RELEASE TO PLATE TIME

CATCHER'S POP TIME

$P + C > \text{YOUR TIME} = \text{RUN!}$

STEALS / READS

BALL IN THE DIRT

CATCHER TO HER KNEES; LOBS BALL BACK

LAZY PITCHER OR P THAT CAN'T THROW

NOT COVERING BAGS

SS NOT BREAKING THROUGH ZONE

3B UP, SS STRAIGHT AWAY

WEAK ARMS AT 2B OR 1B

SET UP FRONT OR BACKSIDE OF BAG, RUN STRAIGHT

GOOD JUMP BUT FINISH HARD

FROM 2B GO EARLY, NO OPTION FOR THROWN OUT AT 3B

SLIDING

STRAIGHT IN

ARMS UP

PLANE NOT A HELICOPTER, STAY LOW

GO IN HARD

POP UP SLIDE ON A SAC BUNT OR GROUND BALL IN INFIELD

SLIDE AROUND ONLY IF TAG IS GOING TO BEAT YOU

WORK ON THE HEAD FIRST SLIDE

1ST & 3RDS

STAY PUT

ON THE THROW – LISTEN FOR YOU'RE GOOD

BAIT THE CUT

BAIT THE THROW