

RUNDOWNS

General Principals

- Always have 2 people at each base
- Work runner back to the base they started – NEVER run them toward the lead base. If the runner is going to be safe, we want them to be safe at the base they started!!!
- Limit the number of throws to 2 or less
- Person who starts the rundown creates a lane on the side where they receive the ball.
- Person receiving the ball mirrors the person with the ball to create the lane.
- Never throw through or over a runner—always create a throwing lane!
- In 1st and 3rd situation – we can walk back the runner on 1st – stay calm and under control.
- **When you are at the lead base (base that the runner is trying to advance to)**
 - When waiting to receive the ball pinch toward original base so that the distance is decreased.
 - Flash the glove when the runner is working in your direction.
 - When forcing runner back to original base, get ball out of glove and in dart position to show receiver
 - Always SPRINT at runner, never jog. Force the runner to choose a direction and commit. This will limit throws.
 - No more than one pump fake, focus on sprinting at runner instead
 - If you can make a tag, always try to do it with 2 hands so that the ball is secured.
 - As runner approaches base, use a dart throw to receiver's chin to get rid of the ball quickly
 - No ball call – if receiver is late with flashing of the glove, make the throw as the runner approaches the base. A late throw will not allow us to make a tag play.
 - After you throw, clear on the same side of the lane and follow your throw to the next base
- **When you are at the original base**
 - Mirror the person with the ball to create the lane
 - Position yourself 3-4' in front of bag. Create space to make a tag.
 - Flash the glove when you want the ball.
 - Step in to receive ball – generate momentum toward the base runner
 - If you can't make the out, get rid of the ball quickly to the lead base, do not chase!
 - After you throw, clear on the same side of the lane and follow your throw to the next base