

Stance & Starts

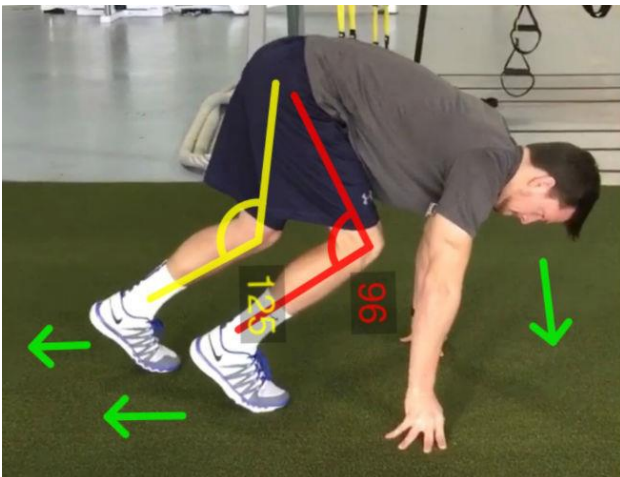
#ExtraBaseMindset

All sprint work over break should utilize our base running stance & start position. See the following pages for tips and reminders.

Stance & Starts

#ExtraBaseMindset

- Starting position
 - ALWAYS START FROM THE GROUND. This is the key to getting the butt above the head!
 - Feet shoulder width apart
 - Foot placement → Back foot knee = Front foot toe (general guideline)
 - Hand placement → Hands directly below shoulders, not angled
 - Hips, Shoulders, Knees, Toes all pointed toward target base
 - Butt up, above the head
 - Shin angles/Rear leg bend – varies with the width of your feet
 - Arm set-up
 - Arms are opposite of legs
 - Down arm stays on ground
 - Rear arm should get above the butt with thumb down



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Key Points:

- Always check position of outfielders prior to each pitch.
- Do not turn and square up toward home plate on lead
- Read the pitchers arm or front foot for initial movement from base.
- We should be leaving base at top of arm circle or just before front foot hits ground. **If 1B is blocking your view, ask the umpire for help.*
- First step should be driving us up and way from base.
- Arm action should sync with leg action (opposite arm to opposite leg)
- Read the ball ***thru the zone*** or read the down angle and change-up
 - If the ball passes ***thru the zone*** to the catcher, plant and return. DO NOT HANG!
 - IF you read down angle or change-up out of the pitcher's hand, go! If you hesitate, do not attempt to go late!
- If you read the ball thru the zone and into the catcher's glove, return to the bag. Plant off of right foot. Should be 3rd or 4th step of lead depending on which foot starts on the bag in your lead.
- If the catcher makes a pick throw, DIVE to the back part of the bag.
- On a steal with less than 2 outs, sneak a peek to see if ball is put in play.

Coaching Cues For ACCELERATION

Internal vs External

Posture:

"Keep neutral spine while projecting at a low body angle"

"Project out from the start line and gradually rise like an aeroplane"

Leg Action:

"Rapidly extend your hip, knee and ankle as you bring your leg back"

Arm Action:

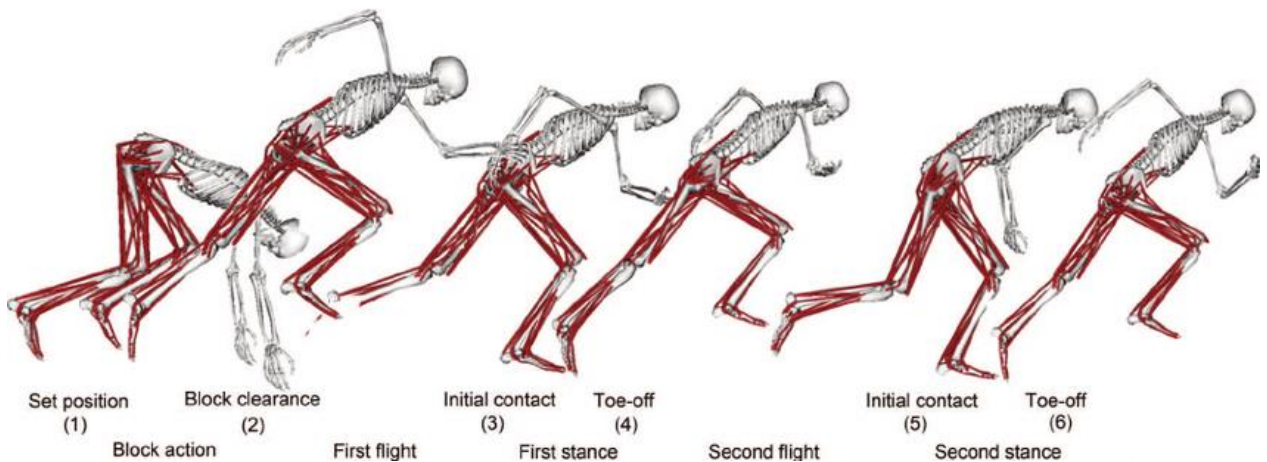
"Rapidly flex and extend at your elbows and shoulders"

"Imagine your forearm is a door and your elbow is a hinge - open and close the door as rapidly as possible"

"Push the ground back with as much force as possible"

Winkelman, N. C. (2018).

Attentional focus and cueing for speed development. Strength & Conditioning Journal.



<https://www.youtube.com/watch?v=Dwc4dJs0vwk>

<https://www.youtube.com/watch?v=VKXcduhMdQU>

<https://www.youtube.com/watch?v=2UNZKIJvoqw>

<https://www.youtube.com/watch?v=TekgKFSjDkY>

<https://www.stack.com/a/perfect-your-track-sprint-start>