

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

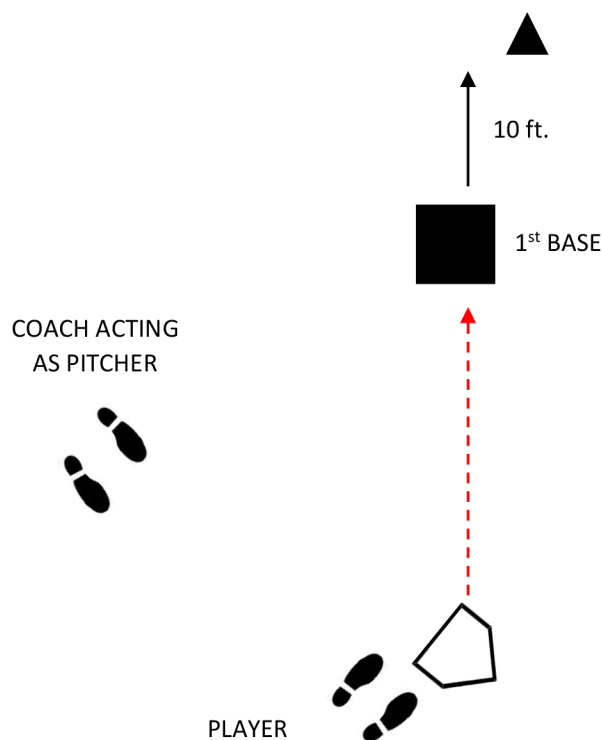
Equipment Required: Base, bat, cone

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:



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

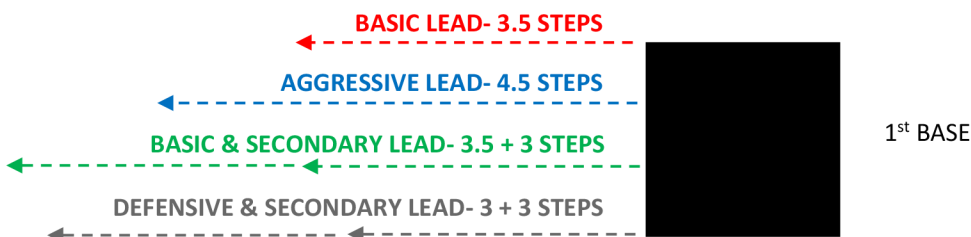
Equipment Required: Base

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

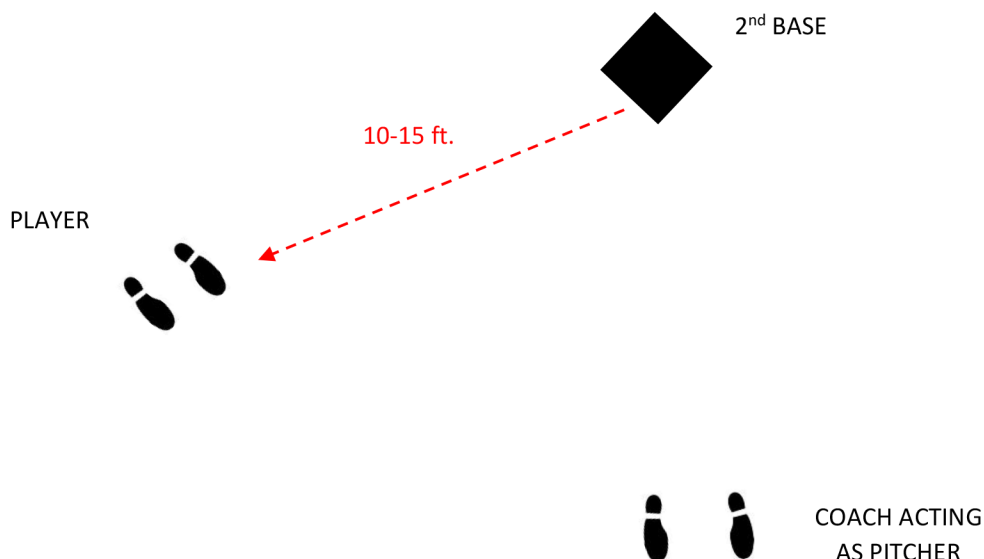
Equipment Required: Base

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 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

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

Layout of Drill:



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:

