**MAKING BASERUNNING A PRIORITY IN PRACTICE**

**(YOU HAVE TO TEACH IT WITH PASSION)**

**(FIRST THING WE DO EVERYDAY)**

**4 COACHES TEACH BASE SPECIFIC DRILLS AT EACH BASE.**

**SOMETIMES WE ADD AN OUTFIELD GROUP TO PRACTICE OUR READS WITH ALL BASES WORKING TOGETHER.**

1. **HOME PLATE**
2. INFIELD HIT – TAKE A PEEK, HIT FRONT OF BAG AND BREAK DOWN.
3. OUTFIELD HIT- THINK 2 BASES. MAKE THEM STOP YOU. RUN IN CHECK MARK AND HIT INSIDE OF BASE. KEEP TURN TIGHT.
4. INFIELD HIT- WATCH 1B MAN. HE COMES OFF GO DOWN (DRILL)
5. TIME RUNNERS TO FIRST.
6. **1B WORK.** (USE CONES TO MARK LEADS AND SECONDARY)
7. PRIMARY LEADS AND SECONDARY ( OLD SCHOOL). STRESS MOVEMENT WHEN BALL IN HITTING ZONE. L,R, SHUFFLE SHUFFLE.
8. NEW SCHOOL LEAD- R, L TURN. 6FT. JAB RIGHT AND SHUFFLE
9. NEW SCHOOL TIME PITCHER. (TIMING, DISTANCE ANTICIPATION)
10. DIVE BACKS WITH BOTH STYLE OF LEADS. ( STEP AND DIVE)
11. STEAL JUMPS RHP. SHUT DOWN ON SLIDE STEP
12. STEAL JUMPS LHP
13. FAKE STEAL. ( BE SAFE)
14. LEADS OF LH PITCHER WITH MARSHALL PLAN
15. DELAY STEAL
16. FLY BALL. GET ALL YOU CAN GET
17. 1ST/3RD PLAYS TECHNIQUES AT FIRST.
18. **2ND BASE WORK.** ( USE CONES TO MARK LEAD)
19. PRIMARY AND SECONDARY LEADS. (DIVE BACKS) 2 STEPS AND DIVE
20. NEW SCHOOL VAULT LEAD DRILLS. (15-18 FT). (GET TO 24FT)
21. IF WE DIDN’T TIME CORRECT/ JUMP BACK TO PRIMARY
22. OLD SCHOOL JUMPS. CLASSIFY LOOKS, FACE GUY, LEG LIFT
23. INSIDE OUT MOVE- ITS SLOWER, HANDS HIGHER ( LEARN TO READ)
24. ISLAND READS OFF BALL ROLLS, FUNGO’S
25. SURRENDER LEAD, JAB BACK WHEN THEY LOOK TRY TO HIT IT WHEN THEY LOOK AWAY.
26. FAKE STEALS
27. NO OUTS/TAG, 1 OUT/ HANG, (HAVE THE OPTION TO BOUNCE IF FIELDER CAMPS UNDER THE BALL. 2 OUTS DEEP LEAD.

**3RD BASE WORK**

1. PRIMARY AND SECONDARY LEADS. (DEPENDENT ON 3RD BASEMAN)
2. SPRINTLEADS OUT OF WIND UP.
3. WALKING LEADS
4. SAFTEY SQUEEZE READS
5. CONTACT PLAY WORK- BALL BEATS YOU HOME EARLY- GET IN RUN DOWN
6. TURNS AT 3B. TIGHT TURNS, INSIDE CORNER OF BASE.
7. STRESS LEADS DOWN IN FOUL AND BACK IN FAIR ( MAKE YOURSELF BIG)
8. TAG, BLUFF, BE LATE, ADVANCE. ( REVIEW TERMINOLGY ON FLY BALLS)

SOME DAYS WE HAVE ALL GROUPS WORKING TOGETHER ON **DIRTBALL READS** AND TIMING OUR SECONDARY LEAD. WE WOULD TO WAIT TILL FOOT STRIKE OF PITCHER TO START SECONDARY PUTS US IN A GOOD POSITION.

SOME DAYS THE **CONTACT PLAY** IS PRACTCED LIVE WITH RUNNERS ON SECOND AND THIRD. ENTIRE DEFENSE. COACH HITS WITH RUNNER BESIDE HIM. PURPOSE OF DRILL IS TO SHOW THEM IF WE TAKE THE READ OUT HOW MANY RUNS WE SCORE. WE WANT THEM TO MAKE A RUSH THROW HOME, WHICH IS NOT PRACTICED VERY MUCH. IF BALL GETS THERE EARLY, STOP AND GET IN RUN DOWN UNTIL BATTER GETS TO SECOND. MAKE THEM EXECUTE A RUNDOWN.

**BUNTING STATION**- WE HAVE A SMALL LITTLE LEAGUE FIELD. BASERUNNERS WORK ON LEADS AND SECONDARY AND READING BUNT. STRESS TO READ BUNT DOWN ANGLE, IF MISSED HUSTLE BACK TO BASE. PENTALTIES FOR PICK OFF, BAD READ, LACK OF HUSTLE BACK ARE ADDED. EVEN THOUGH IT’S A BUNTING STATION, **WE FOCUS ON BASERUNNING.**