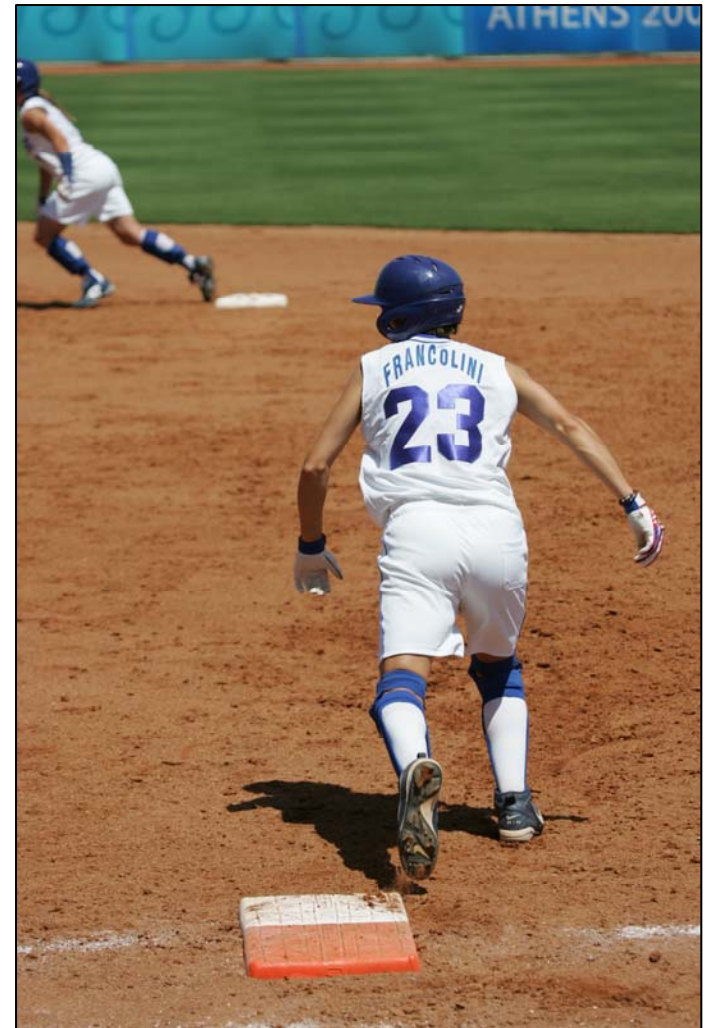


BASERUNNING – Fundamentals & Drills

Cindy Bristow

cindybristow@verizon.net



BASERUNNING – Fundamentals & Drills

LEAD OFFS:

- **Footwork doesn't matter – choose fastest**
- Leave at release
- Take all they'll give you
- Stop with inside foot for balanced landing for quick direction change
- **SEE THE BALL!**



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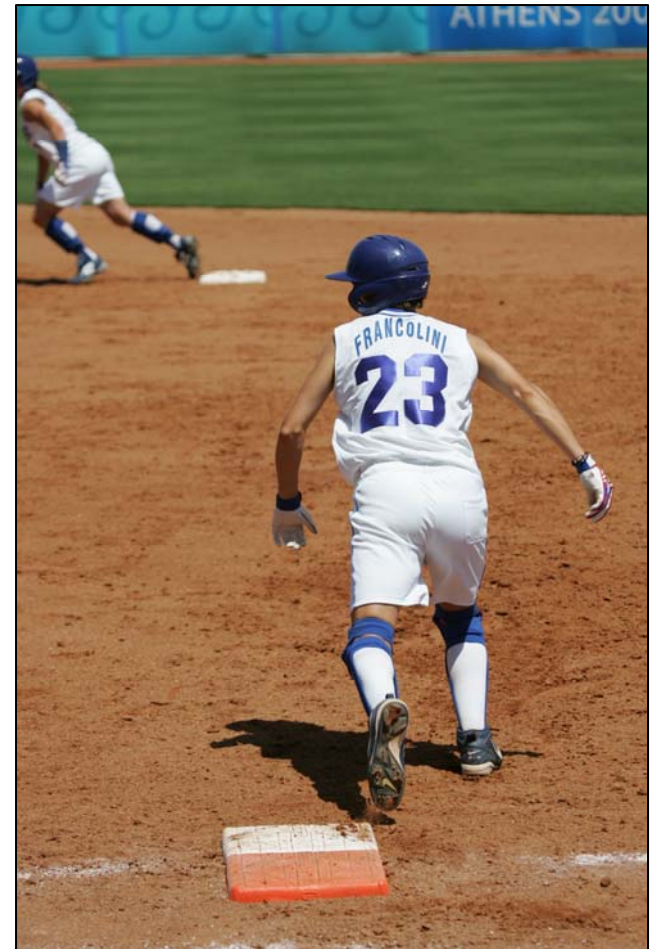
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BASERUNNING – Fundamentals & Drills

RUNNER @ 1ST:

Ground balls:

- **MUST GO!**

Fly Balls:

- Come back, and tag up only if you can advance on the catch.
- If too shallow to tag, get off far enough to get back safely if caught.

Foul balls:

- Tag on all foul balls

Bunts:

- Wait slightly to take lead & see ball down.

Base hit:

1. Directly at OF, get to 2nd FAST.
2. In gap, head to outside spot for turn



BASERUNNING – Fundamentals & Drills

RUNNER @ 2ND: (every time you leave, think score!)

Lead:

- Longer (*5 or more steps depending on where the SS is positioned*).
- In a loop to score with nothing on (signal wise).

Ground ball behind you:

- advance to next base

Fly balls:

- Same as first base:

Come back, and tag up only if you can advance on the catch.
If too shallow to tag, get off far enough to get back safely if caught.

If OF is moving away you on catch:

- tag up and try to advance

Foul balls:

- tag on all foul balls



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RUNNER @ 3rd: MUST IMPORTANT (18.28M) 60 FEET IN SOFTBALL.

Leads:

- 3 step lead.
- Read ball angle.
- Down in foul, back in fair.

Grounders:

- Hit to middle IF....GO!!
- High choppers...GO!!
- Slow grounders....GO!!'

Fly balls:

- Always tag!!

Foul balls:

- Always tag



BASERUNNING – Fundamentals & Drills



WITH 2 OUTS:

- ALWAYS TRY TO TAKE 2 BASES

BASERUNNING TIMES:

	Home to 1 st (righty)	Home to 1 st (lefty)	2 nd to Home	1 st to 2 nd	Home to Home
Slow	Above 3.0	Above 3.0	Above 6 sec	3.30	Above 12.5 sec
Average	3.0 sec	2.7 – 2.8	5.75 sec		11.50 – 12.00
Good	2.8 sec	2.5 – 2.6	5.3 – 5.5	2.99	11.00 – 11.3
Great	2.6 seconds	2.3 – 2.4	5.2 or lower		10.8 or lower

Natasha Watley (USA) – 2.4 home to 1st

BASERUNNING – Fundamentals & Drills

DRILLS:

- 4,3,2,1**
- Throw & Go**
- Whistle Leads**
- Run & Gun**

