



## SLIDING

### “Bent-Leg Slide”

All players should be taught sound, fundamental sliding skills. Sliding is an essential skill in softball because it decreases injuries caused by sudden stops, can avoid a collision with a fielder, and increases the opportunity to safely advance an extra base. A runner is not allowed to remain on her feet and crash into a defensive player who has the ball or is about to catch the ball to make a play on you at the base, such as at home plate. Therefore you must slide whenever that situation arises or risk being called out should a collision occur.

Always run and slide at full speed. Practically speaking, by the time the runner is halfway to the bag she must decide if she will slide or not. There are 4 basic slides; Bent-Leg, Pop-Up, Slide-By, and Head-First. We teach the Bent-Leg slide because it is the safest and leads to the pop-up slide.

#### Bent-Leg Slide

- Begin the slide 10-12' away from the bag.
- Drop the hips.
  - You want to lower your body into the takeoff, not jump into it.
- “Shoot” the right leg (or left if more comfortable) out toward the bag and bend the left leg under the right knee to form an upside-down figure 4.
- Try to glide across the top of the ground. Do not land hard on your knee.
- Slide on the buttocks, not on the side of the hips.
- When on the ground, stay as flat as possible, while keeping the head, arms, and hands off the ground. The chin should be tucked tightly to the chest to protect the head.
  - Throw your hands and arms up as you slide. This will help you to initiate the slide, help to glide across the ground, and help in not landing on your hands.
- The extended foot should be 6-8” off the ground to prevent it from jamming into the bag.
- Slide into the bag with the extended heel moving across the top of the bag and the shin of the bent leg coming in contact with the bag.