

Running Through First Base

Over the years I have seen so many players get to an advanced level of baseball and not know how to properly run down to first base. This is an easy one to do at this age and get them in the habit. The key is to get them to run past first base. Adding the turn to second is easy once they get older but breaking them of the stopping on first habit is hard and will cost you outs.

Step 1. Once the ball is hit, a player should put his/her head down and run as hard as they can towards first base.

Step 2. After about three steps players should take a peek to see if the ball went through the infield. If it doesn't get through, they should run straight through first base bag (if it does get through, they'll be planning a different route that will take them to 2nd base).

Step 3. Players should focus on the front part of the bag. That is where their foot should hit, since it is the closest and safest spot to hit the bag when sprinting. Stepping on the back part or the side of the bag increases the chance of turning an ankle. Always hit the front part of the bag.

Step 3. Have the first base coach stand in foul territory a few steps past the bag. Encourage the players to give the coach a high five after crossing first.

Step 4. After hitting the bag, players should slow down by chopping their feet as quickly as possible and turning their head to the right, to see if the baseball got past the 1st baseman. Listen hard to the coach to see if running on to second is the right call. Otherwise, give the coach a high five and head back to first base.

Pro Tip: When coming back to 1st base, always turn to your right and come back, so the umpire never has the thought that you were thinking of going to second base. If he feels you were trying to go just for a split second and you get tagged, you will be called out.