

## **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.** 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 but not stop until they reach the coach and give them a high five.