



Sliding-Beginning

I. Why

- Quickest way to get to a base
- Avoid Collisions
- Attempt to avoid tag
- Breakup double play
- Dislodge ball from fielder's possession
- When in doubt, always slide
- Never change your mind once you start your slide.

II. Equipment

- Knee Pads
- Sliding Shorts
- Gloves (optional)

III. Mechanics

- Lean back
- Fall is on butt and upper leg
- Hands up as bottom down
- Toe Up, Heal Up
- Chin to chest
- Lead foot up (Preferred right) (Optional left)
- Figure four the leg (preferred left-lead foot would towards infield at next bag)
(optional right-lead foot would be towards outfield to view missed ball)
- Determine Dominant Foot
- Eye is on bag
- Go down two body lengths before bag

IV. Drills

- Fastest bottom in the west
- Slide down grassy hill
- Cardboard
- Circle Drill
- Sliding Limbo

V. Types

- Fade away
- Direct or hook
- Head first
- Dive Back
- Pop Up



Sliding-Advanced

I. Mechanics

- Kick lead leg out
- Chin to chest fall backwards
- Extend arms away from body
- Figure 4, trail leg
- Toe Up Heal Up

II. Drills

- Circle Drill
- Slide by, pick up base with hand-Slide by

III. Pop-Up Slide

Allows player to pop up to a standing position at base ready to advance.

Used when no play is made or the throw is well off the target

Must be good at regular sliding

Weight slightly forward

Figure four leg slides down and pressed against the ground as lead foot hits base.

Runner throws head, shoulders, and chest forward and upward keeping arms across the chest

A couple of drills: stand up from sitting position without using hands. Also lying flat in bent leg position by throwing arms to chest while bending at the waist

IV. Dive back

When a player must return to a base due to a pick off attempt or a fly or line out close by.

Find a corner away from the throw

Swimmer's diving start

Jab step with left foot lie down flat

Keep knees off ground, push hands out, arch back, and come down on stomach

Impact of landing on forearms

Reach for base with closest hand, with fist or half fist to protect hand-hold gloves in hand

Opposite hand should be off to the side to protect against roll over or being knocked off bag by defensive player.

Look away from the direction of the throw. Avoids being tagged in the face and you will pick up the ball faster on an overthrow.

Hold your position until you hear from coach or the umpire's call

V. Head First Slide

Allows all momentum of run to continue

Fastest slide

Cannot break up double play

Runner cannot recover quickly to advance

Hands, arms, and head are vulnerable

Bend knees-Swimmer's start- same as dive back

Both hands forward

Arch back; impact should be distributed to forearms, hips, thighs Lay on ground arch.

Fingers closed in a fist

Look away from the direction of the throw. Avoids being tagged in the face and you will pick up the ball faster on an overthrow.

Drill: from toes push out keep knees off ground (launch low)