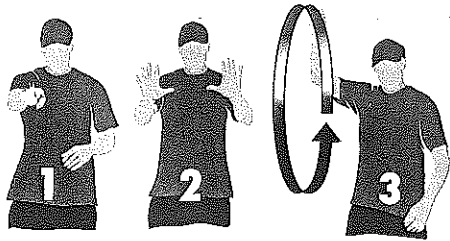


ROUNDING SECOND

Baserunning around 2nd

I/G/T

BASERUNNING



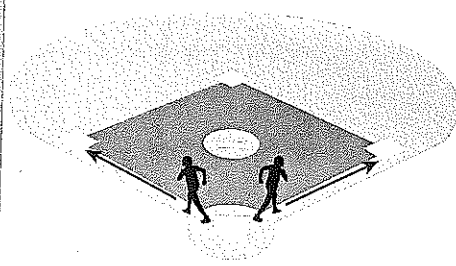
- **Line them up:** All players running at 1st base. Coach at 3rd.
- Runner approaches 2nd base looking at 3rd base coach for instruction.
- 3rd base coach says either, 1) "On the bag", 2) "Round and hold", or 3) "Get here!"
- Runner learns three options: 1) Safely find base; 2) Go a few steps beyond and look for bad throw; 3) Hit bag hard and continue to 3rd.
- **Key point:** Coach accompanies instruction with hand signals, (diagram).

RUNAWAY

Running to 1st

G/T

BASERUNNING



- **Line them up:** Players line up behind home plate.
- Put two players on plate - one facing 3rd base; the other facing 1st.
- On "Go!" players race to their respective bases.
- **Key point:** Players should overrun base to maximize speed.
- **Make it a Game:** Create 2 teams. See which team wins most races.

Baserunning

SLIDING

Proper sliding technique

I/G/T

BASERUNNING



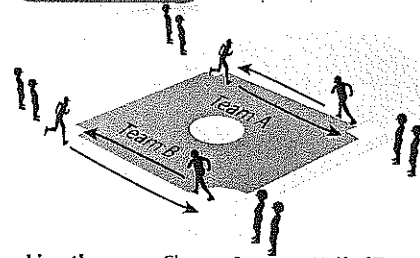
- **Line them up:** Bring players to outfield grass. Practice sliding into mitt or hat as base.
- Runners should slide on rear end with hands and feet off ground, (diagram)
- Upon landing be sure head is behind belly-button and chin tucked into chest.
- **Key point:** Two coaches can each hold a hand and run alongside novice player to minimize impact.
- **Make it a Game:** Team votes for best slides.

TWO TEAM SLIDE

Baserunning, sliding, conditioning

G/T

BASERUNNING



- **Line them up:** Choose 2 teams. Half of Team A is at 1st, 1/2 at 2nd. Team B is 1/2 at home, half at 3rd.
- Runners from 1st sprint to 2nd. Runners from home sprint to 3rd.
- Relay race: Runners must slide into their bases. Teammate then sprints back, also sliding.
- **Key point:** Next runner cannot go until teammate slides into base.
- **Variation:** Younger players (or indoor), do not have to slide.
- **Make it a Game:** First team with all players finished wins.