

Softball Base Running Fundamentals



1. Run through first base

- Good running form
- Accelerate through the bag
- Focus on touching front part of the bag

2. Ready position when on base

- Athletic stance never standing straight up
- Grab dirt, rocking - to time release
- Explode off base with 3 or 4 quick steps On pitcher release (10U and above)
When ball reaches batter (8U, 6U)

3. Base Coaches

- Teach kids to pay attention to base coaches Stop sign
Wave on
"Take your turn" (and look for ball)
Slide (older divisions)
- Teach kids to look for ball off bat

4. Sliding (8U and above)

- All Kids need to learn proper sliding technique Sliding is necessary on close plays to avoid collisions
- Aggressive with lower body, passive with upper body Legs in form of a "4" figure
Throw arms up and back above head prevents injuring hands
- Proper slide on back side of hip/fanny Weight shift back to help avoid catching cleats
- Stress acceleration into slide watch for kids slowing down
speed makes slide easier

