

Practice Topics

Offense

Running to first

- run toward 1st on fouls until coach tells you to stop
- run through the bag on balls to infield
- take banana turns on balls to outfield – hit inside corner of bag to take shortest route to 2nd and 3rd

Taking aggressive leads once ball crosses the plate

- make pitcher think about you
- lead from 3rd is in foul territory

On the bases, coaches tell you to stop; don't wait for a coach to tell you to go

Working with 3rd base coach

- batters and runners look for signs on every pitch
- look at coach until entire sign sequence is complete
- know the sign for "I missed it, please repeat"
- runners sign back to 3rd base coach # of outs before each new batter
- pick up 3rd base coach on way to 2nd
- tagging up on fly balls

Leading off of 1st and 2nd base waiting to see whether fly ball is caught

Running on contact with 2 outs

Sliding

- Feet first
- Head first back to bag – make contact with outside corner
- Sliding into home

Dealing with fielder in base path

Avoiding getting hit with batted ball