

Running the Bases

Start the drill with a helping parent or two at home plate, you at first base, another parent at second base and one at third base. The parents at home will have the kids stand in the batter box. Then, when the parent says "Play Ball", they will swing an imaginary bat, lay the imaginary bat down and run to first.

You will be at first and encouraging them to run hard and get to first.. For the first few practices you should only work on one base at a time. Later on you can work on advancing past first on their hit.

I suggested placing a parent at every base to show the players where to run. Some leagues allow coaches at every base in games also. Even if your league does not allow this, I would place them there the first few practices. It takes a while for most of the kids to figure out where to go on the bases. So you can use this drill at every practice. I believe most teams will need to work on this drill all season.

Kids at this age like a routine and after a few practices they will enjoy knowing what drills will be done at practice. You might think they would get bored with drills, but that is not the case. Just keep everything positive and you will do fine.

Good luck.