

Base Running Drills

Have the entire club run through the bag at first base, touching it properly. This can be done by having runners start about 70 or 80 feet behind the preceding runner. In the same manner, have each runner take a lead from first base before going to second base. The initial step from first base should be a crossover step and then the runner should take a look at home plate to pick up the pitch. As the runner approaches second, he should look to pick up the third base coach.

Next, station runners at second base, having them take a lead and then run from second base to home plate. When approaching third base the runners should look to pick up the third base coach.

These running drills will accustom runners to the fact that they should run with their heads up, allowing them to touch the bases properly and make proper turns at each base. Players get their conditioning running in and at the same time become better baserunners.

Perfect Practice and a lot of determined hard work can only make us better players.

By Cal and Bill Ripken