

# COACHING 1<sup>st</sup> BASE

By

Cindy Bristow

[www.softballexcellence.com](http://www.softballexcellence.com)

## WHAT YOU MUST BE -

1. You must be an extra set of eyes and ears – NOT the only ones!
2. You must coach at the level of your opponents and your own players:  
(fake stab by 2<sup>nd</sup> base to get you to yell “back” in a bunt situation...)
3. You must know the situation BEFORE the current batter puts the ball in play!
4. You must be thick-skinned and help your runners be that way too!
5. You must know all outfielders range, arm strength and accuracy.
6. You must know the speed, baserunning skills and injury status of all batters.
7. You must be aware of your role (assistant or head – if asst. you MUST be supportive of the head!!)

## WHAT YOU DO –

1. **Remind the runner of the following (depending upon their skill/intelligence level:**
  - Number of Outs
  - Stage of the Game (to know if she’ll risk going to 3<sup>rd</sup> on an OF hit).
  - To pick up the 3<sup>rd</sup> base coach on an OF hit.
  - Which OF’s to run on.
  - The catcher’s arm (quickness of release and strength).
  - The current play (if they ask – don’t just give it to them).

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## 2. Know the following:

- Where the 2<sup>nd</sup> baseman is and how they run pick-offs.
- Coverage range of the big 4: pitcher, catcher, 3<sup>rd</sup> and 1<sup>st</sup>.
- Aggressiveness of the 3<sup>rd</sup> base coach.
- Importance of the Batter/runner.
- Ability to score in this game, against this pitcher – need-to-take-chance ratio...
- Injury status of current batter and runner (need for pinch runner).
- Ability for 3<sup>rd</sup> base coach to take recommendations...
- Anything else that will help.