



Base Running Drills

1. **Batting Practice Base Running**

This is the best base running simulated drill work other than actual game base running experience. While your hitters are working on their hitting during batting practice your base runners should be working just as hard on their base running. This is why we call batting practice: **YOUR MASCOT** Practice. Every facet of the game, other than pitching, should be worked on during this practice session and therefore not just called BP or batting Practice. You should have five players in each group with one player hitting, one player of deck dry swinging and three others with one player at each base. Players at each base should be working on getting primary leads and reads off the bat as the hitter is making contact. The base runners can start on the outfield lip to not interfere with the extra infield ground balls and to not divot up the baselines. The runner on 3rd base should start deep and off the line, to limit the chance of getting hit by a line drive. They react at full speed, but only advance 4-5 steps and then go back to the base. They move up to the next base when the hitter is on his last swing of the round at which time the pitcher yells out “LIVE.” The defense, with one live player at each position, reacts along with the base runners to where the ball is hit. This drill will help condition your base runners to react to balls hit off the bat and limit double play line drives.

2. **Bases Full Partner Base Running Drill**

Players start by partnering up with another player. There should also be a base runner at each base to start the drill. A coach starts the drill by making a throw from the pitchers mound to another coach at home plate. The first partner runs a double out of the batter’s box and his partner gives him a second head start, so they don’t run into each other. He runs a single to the outfield with getting an aggressive round at 1st base. The original runner at 3rd base gets a primary and secondary lead and then returns to 3rd base and simulates a fly ball sacrifice fly to the outfield. The runner on 2nd simulates an outfield base hit that he scores on. The initial runner on 1st base simulates a single and moves to 3rd base. The coach gives a few second break and when the new base runners at each base get their primary leads he throws another pitch. Base runners should also get their regular primary lead off and also a secondary lead off. Bases will always be filled before the coach makes the next pitch.

3. Bases Full and Coach Pointing a Bat at Home Plate

With base runners at each base a coach makes a throw to home plate. Each base runner gets a primary and secondary lead off. As the ball crosses home plate another coach either signals with his bat down to the ground simulating a ground ball, bat in the air simulating a fly ball, or swinging the bat level side to side simulating a line drive. The base runners react by either moving up a base on a simulated ground ball, tagging up a base on a simulated fly ball, or returning back to the base on a simulated line drive.

4. Pitcher/Catcher Base Running Drills

The position players are put into 4-5 lines. The pitcher puts his hat down as an imagery rubber. He delivers the ball to the catcher. Any base running situation can then be worked on. With runners simulating that they are at 1st base the straight steal, fake steal, delay steal, hit and run or just the primary to secondary lead off. The reaction to bunts and passed balls/wild pitches can also be worked on from the primary lead off to secondary lead off. A catcher can roll a bunt out or purposely miss the ball. At 2nd base the same drills can be worked on. The pitcher and catcher just move so they are in that position. And this drill can also be used with the base runners at 3rd base with base runners would on the infield ground ball contact play, sacrifice fly ball tag up, fake steals, bunts and reaction to the right time to break on the suicide squeeze bunts. This drill can be used on the main field, in the outfield or inside.

5. Conditioning Base Running

Any time you are conditioning your team with just wind sprints they should always start with the simulated lead off from 1st base working on getting good jumps. The coach should let the players know what the start call will be. This can be a whistle, a “go” call, a “now” call, or whatever other call he wants to make. The base runners don’t break until the coach signals the start call. The coach can give other fake calls. This will condition the base runners minds and help them in getting great starts.

6. Sliding Drill On Tarps, Slippery Slide or Mats

This is a fun drill, but still very beneficial drill. On a hot day take out a regular Slippery slide, tarp or mat. Set them up on a slight decline if possible. Water the tarp and Slippery Slide down and put a thrown down base at the end of it. Have players work on every type of slide teaching them the proper fundamentals. With the water lubricating the tarps the risk of injury or “cherries” is very minimal. When using a mat with no water have the players take off their shoes, so they can slide easier. Young kids at your camps especially enjoy this.

7. Dominoes/Blue Angels Base Running Drill

This is a combination conditioning drill and “getting a great jump” drill. The team should be split up into four lines with the first person in each group down in the stealing 2nd base position. The first player in line starts the drill by simulating that he is stealing 2nd base. The player right behind the first player breaks on the first player’s first movement. The third player then breaks on the second player’s first movement. All of the other players in the first group do the same by reaction only when the player in front of them reacts. This will simulate a domino effect or Blue Angels’ air craft reaction.