



Hitter Turned Base Runner Points

1. Run everything out as hard as you can. Yes, this sounds simple, but many players don't. Opponents know what players and teams run all balls out hard and that puts added pressure on them not to mishandle the routine ground balls.
2. On a ground ball hit, the hitter turned runner should take a look at the baseball after three or four steps to see if the baseball was caught.
3. If the ground ball was caught the runner should continue to run as hard as possible through 1st base. It doesn't matter what foot he hits 1st base with, but he shouldn't lunge on his last steps. As he's hitting the front part of the base he should turn his head to the right to look for a mishandled throw. He should also break down his feet to better react to 2nd base on a bad throw. He should also listen for the 1st base coach command to get down on a high throw. He shouldn't dive into 1st base other than on high throws, as it's slower and more injury prone.
4. If the ground ball goes through the infield the hitter turned runner after his third or fourth step should already start rounding out down the 1st base line, so when he hits 1st base he is in a direct line to 2nd base and not rounding out to the right field area.. The action should look like a half moon or half circle and not a question mark, where the runner runs three quarters of the way to 1st base and then rounds out to get an angle towards 2nd base. This takes much more time and many times gets the runner off stride.
5. On a single and possible double the hitter turned runner should hit the inside corner of 1st base with his left foot. At the same time he should tuck his left shoulder down and push off the base to get a good angle to 2nd base.
6. The rule of thumb is the farther the baseball is away from 1st base the farther the rounding of 1st base for the runner. A base hit down the left field line should warrant a much larger rounding of the base than a base hit down the right field line.