



## **BASE RUNNING SKILLS**

### **Fundamentals**

Primary Lead – back to bag

Primary Lead, Secondary Lead – back to bag

Reading Pitcher – to 1<sup>st</sup> base, to Home (RHP vs. LHP)

Rounding 1<sup>st</sup> on single – pick up ball (return or advance)

Running through 1<sup>st</sup> on infield hit – looking over right shoulder for overthrow

Slide at 1<sup>st</sup> if first baseman comes towards runner to get throw.

### **Running plays**

Straight steal

Delayed steal

Reading balls in dirt to the catcher

Reading infielders when running to a base – how to avoid tag

Hit and Run

Run and Hit

1<sup>st</sup> and 3<sup>rd</sup> plays – Double steal, halfway stop, intentional pick, etc.

### **Situational plays**

Advancing 1<sup>st</sup> to 3<sup>rd</sup> on single – picking up ball/coach

Advancing 2<sup>nd</sup> to Home on single – picking up coach

Scoring from 2<sup>nd</sup> on potential 3<sup>rd</sup> out

Tagging up – know the situation

Freeze on line drives

### **Bunting plays**

Reacting to bunted ball

Safety squeeze

Suicide squeeze

Bunt and Run

Fake bunt slash and run