

RFYBO Baserunning Guidelines

Baserunning Fundamentals

Know the situation, look at the outfielders, tagging up – you watch the catch

- 1st Base: straight through, hit front part of base, look to fence
- Rounding 1st Base: touch inside corner of base with right foot
- Leading Off 1st Base:
 - Primary Lead (before the pitch): step across with left foot, then shuffle twice and adjust
 - Secondary Lead (on the pitch): shuffle twice, make the decision to go or get back to 1st
 - Always freeze on a line drive unless there are 2 outs
- Leading Off 2nd Base:
 - Lead off as far as the 2nd baseman, coach has the shortstop
 - Lead off in a straight line toward 3rd base
- Leading Off 3rd Base:
 - Lead off as far as 3rd baseman
 - Lead off in foul, go back in fair

Baserunning Drills

1. Steal Sprints – 4 lines at 1st base stealing 2nd
2. Live Baserunning – create various baserunning situations and file through one by one
Sample Baserunning Routine: players need to visualize the situations
 - a. Swing, beat out ground ball to 1st, steal 2nd base, score on a base hit
 - b. Swing, single, 1st to 3rd on a hit, score on a sac fly
 - c. Swing, double, score on a base hit
 - d. Swing, single, score on a double
 - e. Swing, triple, score on a safety squeeze bunt (lead, read, and go!)
3. Team Rundown Drill (great conditioner also, trying for lowest time to get all 3 outs)
 - full defense layout, runner starting on each base
 - pitcher picks off runner on 1st to start the drill
 - first rundown starts, when runner is out/safe at a base the runner on 2nd takes off
 - same concept until he is out/safe then runner on 3rd takes off until he is out/safe
 - everybody including outfielders is moving and backing up, etc.