



## BASERUNNING BASICS

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The first step to base running after you reach a base is knowing the situation. Here are the rules a base runner must follow on each pitch.

The four important things to know before the base runner steps off the base to take his lead are:

### 1. Where is the Ball?:

Have you ever seen a hidden ball trick? If it happens to you, it is very embarrassing. So before you ever step off the base, know where the ball is. Remember: It is the ball that gets you out.

### 2. Check the Scoreboard:

- a. How many outs? That tells me if I am running on contact, going on a groundball, tagging on a fly ball, going half way on a fly ball. Am I taking a chance on making it to third on a base hit? Remember, the first or third outs are never made at third base.
- b. What is the score. Am I an important run or doesn't my run mean anything. Are we way up, way behind or is the score tied. The score tells me how to play the game.
- c. What is the count?
- d. What is the inning? Is it do or die time? Or, can I play the game normally.

### 3. Defensive Positioning:

Where are the outfielders playing...where are the gaps that allow me to go from first to third, score from first. Are outfielders shallow or deep? And what kind of arms do they have?

### 4. Know the Signs:

What is the signal? Always take the coach's signals while standing on base. You can't watch the coach and also watch what the person with the ball is doing.

Now after you have made all these checks, [Ball, scoreboard, outfielders positions, signals] take your lead and play the situation. And, run hard and smart.