

TEACHING BASE RUNNING SKILLS



Good base running is smart base running. Players must understand their own capabilities as well as those of their opponents (i.e. knowing who has a strong arm), and make sound decisions based on those factors. Remember, the fastest runner is not always the best base runner.

BASE RUNNERS

- 1.** When players make the decision to slide, they shouldn't change their mind. Most sliding injuries occur when players change their minds in the middle of a slide.
- 2.** When tagging up on a fly ball, a runner's eyes should follow the ball. One foot should be on the edge of the base ready to push off, and the other foot in a direct line to the next base.
- 3.** All batted balls should be run out, fair or foul.
- 4.** Base runners should always know the count, the number of outs and how important their run is. Most importantly, they should always know where the ball is.
- 5.** Runners should touch every base. They should never slow down, even if they think they're out. Remember, it's the umpire's decision whether a runner is safe or out.
- 6.** Runners should be alert, aggressive and confident. They should always anticipate the play before it happens
- 7.** Every runner should be sure to pay attention to the base coach for instruction.

