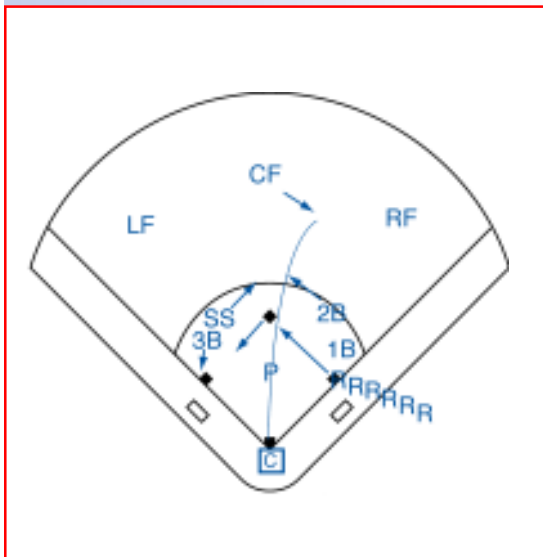




BASERUNNING STRATEGIES: FIRST TO THIRD



GOAL: Show good baserunning judgment

SETUP: 6v9 (10 for SP)

Team 1: R on first

Team 2: complete defense

- PLAY:**
1. Hit singles to outfield.
 2. R attempts to advance to third but judges whether to stay at second.
 3. Rotate Rs (two turns each).
 4. Rotate teams.

SCORING: R advances to second = 1 point
 R advances to third = 2 points



OBSERVATIONS

Either make notes on individual performance, player by player, or on the team's overall ability to perform the key components of the tactic: *communication, stance, watch pitcher's delivery, know forces, tag up on fly balls.*



KEYS TO BASERUNNING

- Watch pitcher.
- Listen to and watch base coach.
- Use proper running technique.
- Stay close to base and tag up on fly balls.



COMMON ERRORS

- Runner gets late start.
- Runner misses sign from base coach.
- Runner advances too far on fly ball.



QUESTIONS FOR PLAYERS

- What was the goal of the game?
- What did you have to do to be successful?
- How can the base coach help the runner?
- What can the runner do to advance farther?