

Fun Baserunning Drills

Big League Baserunning

Age Appropriate

Grouping 1, all ages

Objective

To work on various baserunning situations and conditioning

Setup

Field with bases (preferably pegged bases)

Execution

Players line up at home plate and run home to first, all the way through the bag. Then they shuffle off of first, take a crossover step and run first to third before jogging to home plate (*a*). Players line up at home again and run out a double. They then simulate scoring from second on a hit (*b*). Then have them run out a triple or a home run, if you wish. Emphasis should be on making a proper turn at each base as well as stepping on the inside of the base and using the bag to push off of (like a starting block) toward the next base.

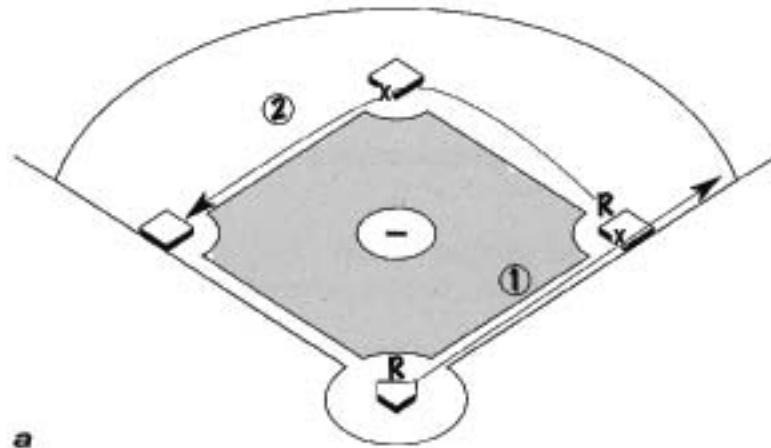


Coaching Keys

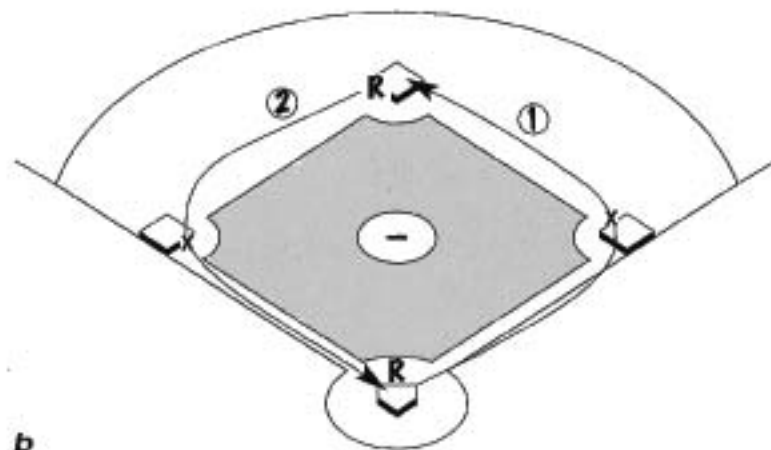
If players are having trouble making correct turns and taking a proper route to the next base, set up cones to mark the proper path. Players will take a path to the outside of the cones.

(continued)

Big League Baserunning (continued)



a



b