

Fun Baserunning Drills

Slip and Slide

Age Appropriate

Grouping 3, ages 4 to 12

Objective

To develop proper sliding fundamentals in a safe, fun environment

Setup

Slip-and-slide, hose, base to slide into

Execution

Use a slip-and-slide on a soft, grassy surface to illustrate the proper sliding techniques. This is a fun way to show players how to slide without risking cuts and bruises. Place a base at the end of the slip-and-slide. This is a great way to end a hot practice.



Coaching Keys

Although you should avoid teaching the head-first slide, it can be fun to let players go head first at the end of the drill. If players tend to roll over on their sides when attempting to slide properly, remind them that they must slide on their butts, not on their hips. This will keep their toes pointed up instead of sideways and lower the risk of knee injuries. Their weight can be more on one buttock than the other, but the butt should be in contact with the ground. Have them focus on bent-leg or pop-up slides and hook slides.