

TAGGING UP

PURPOSE

To develop proper tagging-up techniques

EQUIPMENT

Three bases, a baseball, gloves

TIME

4 to 6 minutes

PROCEDURE

1. Set up three bases in the shape of a baseball diamond.
2. Place three fielders in the outfield positions. A coach stands in the infield between the pitcher's mound and second base.
3. The rest of the team lines up at first base.
4. The first player in line leads off first base a few feet. The coach throws a fly ball to one of the outfielders, and when the outfielder catches the ball, the player runs back to first base, tags up, then hustles to second base.
5. Although the outfielder attempts to catch every ball, he does not throw out any of the base runners as they tag up and run to the next base.
6. The first player stays at second base. The next player in line at first base repeats the drill, but this time, both runners on base tag up. Now the bases are loaded for the third throw, and all three runners tag up on it. Repeat the drill for every player.
7. The coach rotates the throws to the different outfielders.
8. After everyone has had a chance to run at least twice, the fielders come in and three new players head to the outfield.

KEY POINTS

Tagging up and advancing at the youth level takes a combination of good judgment and proper baserunning and sliding techniques. Coaches should explain the different leads and that choosing which one to use depends on which base the player is on and where the ball is hit.

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1. Players should not lead off the base too far.
2. Players must wait for the ball to be caught before running. Runners say, "Caught" out loud when the ball is caught as a reminder not to run too early.
3. When tagging up, the runner should not run with the head up looking for the incoming throw. He should run with his head looking directly at the base he is advancing to.
4. Teach players to slide into the bag they are advancing to after a tag up almost every time.
5. When tagging up from third base, the player never leads. He should stay on the base until the ball is caught.

