

Base Running - Drills

Base Running Drills:

- **Introduce the Bases**

Have the children line up in a single file line at home plate. Have them count to three. Tell them you run bases in the same order you count. Have them run with you to the bases (say each name as you step on the base – first base, second base, etc). Stop at each base and talk about it. You may need to put orange cones next to the bases so the kids can see them better.

- **Coach Quiz**

Standing at home plate; have your team point to the bases as you call out the bases names. Next, yell out a base and have all the kids run to that base as a group. You may need to run with them.

- **Homerun**

Next, have the kids form a single file line at home plate and have each participant run to all the bases alone (as if they hit a homerun). Have the other kids in line yell out the base name as that person steps on the base.

- **Coyote and Road Runner**

This is a foot race between two players with one chasing the other around the bases. The goal is for the coyote to catch the road runner. Line up the players behind home plate and identify the first player as the Road Runner and the second player as the Coyote. Send the first player running toward first base, depending upon the speed of the two players; send the second player after the first when the distance between them is sufficient.

- **Singles**

Talk about running out a single and what a single is. Discuss that first base and home plate are the only two bases you can overrun. Show them how to run to first as if hitting a single (run through the base). Have them make a line and run down to first and overrun the base, making their turn to the right and come back to the base.

- **Doubles/Triples (if time allows)**

Show them how to run out a double. Talk to your team about rounding the base and using their inside foot to step on the base. Place cones by first base for them to round (shape of a question mark). Continue with running out a triple.

