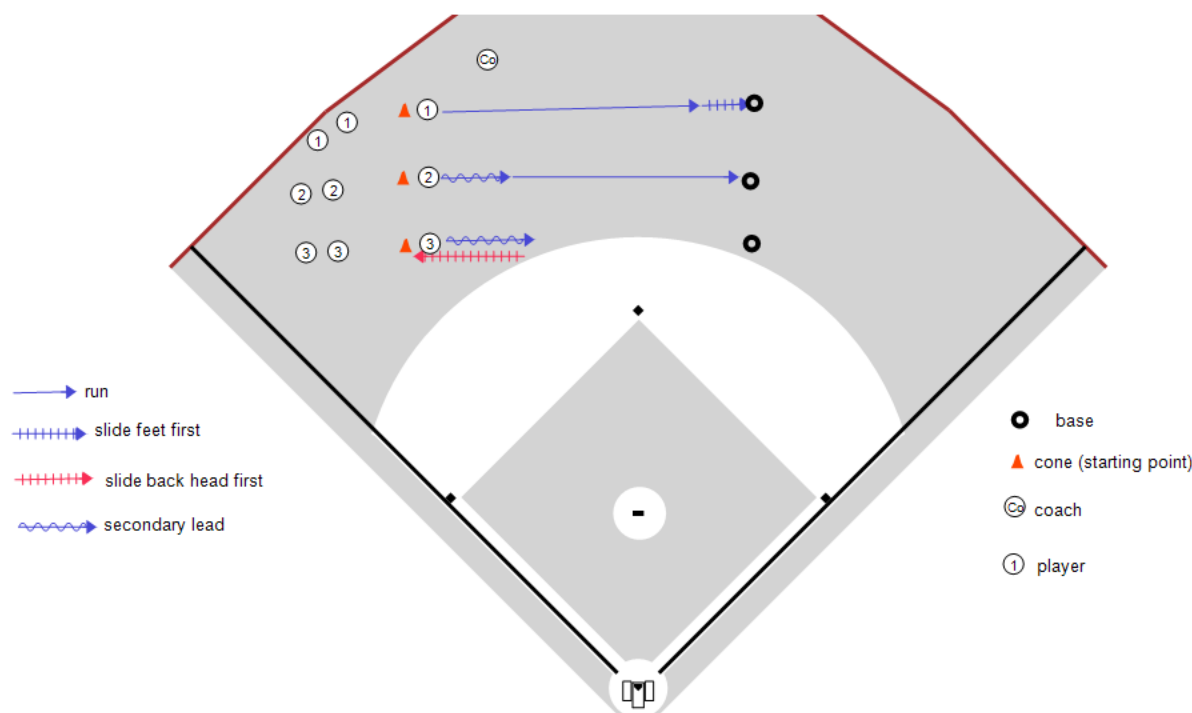


Title : Advanced Baserunning **Category #1 :** Skill **Category #2 :** Baserunning

Content elements: _____ **Components :** _____



Key Points : **3 Hard Steps** **Find the ball** **Proper sliding technique** **Be aggressive**

Description

Objective:
 - To introduce the concept of a secondary leadoff, and advancing bases (either by hit or steal)

Equipment/Setup:
 - Throw down bases and cones (if not enough bases)

Execution:
 - This drill is done with all 3 lines doing the same / the diagram above shows 3 stages of progression
 1. FULL STEAL. On "Go" players sprint to the base and slide
 2. SECONDARY LEAD. On "Go" players take 3 hard steps as their secondary lead, turn and find the ball, then sprint to the next base.
 3. PICK OFF. On "Go" players take their secondary lead, turn and find the ball, then dive back
 - Players jog back to starting point when finished
 - After all 3 progressions coaches can mix up by using signals (ie...arm up=pick off / arm down=steal)
 - 2nd Year Mosquito only! Players can take a Primary Leadoff (before the pitch) and watch the coach who pretends to be the pitcher. Coach can do 3 options:
 - Pitch = player steals / Look back = player freezes / Pick off = player dives back