



Gamecock Softball Base Running

Mindset, Mechanics, and Drills



“Progress always involves risks. You can’t steal second base and keep your foot on first base.”

- Frederick B. Wilcox

To be aggressive, you cannot be afraid to
make outs on the base paths



Aggressive base running is a mindset

Fail forward

Have to fail to find the outside limits of our abilities

Coaches role in aggressive base running

Reactions when they fail

Have to sell the importance of aggressive base running

Run with intent

Hungry and Opportunistic

Speed is a luxury...slower runners can be smart base runners



Base Running Mechanics – Home to 1B

Getting out of the box

No wasted steps

Will have an idea off the bat of what the situation calls for

‘Sneak a peek’

Straight through 1B

Rounding 1B



Home to 1B – Straight through



Front edge of 1B

Forward body lean

Breaking down

Choppy steps while widening base

Look over right shoulder for overthrow

Look over left shoulder/turn towards field to see ball/play

Walk slowly back to the base



Home to 1B – Rounding



Hit front, inside corner

Lean inside (left shoulder) in towards the field

Accelerate into the turn

Don't slow down! Make the OF think you're going and draw a throw!



Home to 1B



Straight through



Rounding



On base (any base)

Get signs from 3B coach

Check and read the defense – Softball IQ

OF positioning?

Short game defense and coverages?

Steal coverage?

Does catcher pick off?

Anticipate Ball in the Dirt (BITD)

Tagging

Only on balls you intend to actually tag and go on

Foul balls = automatic tag



Leads

The base is our sprinter's block

Back corner of the bag

Feet, Hips, Shoulders

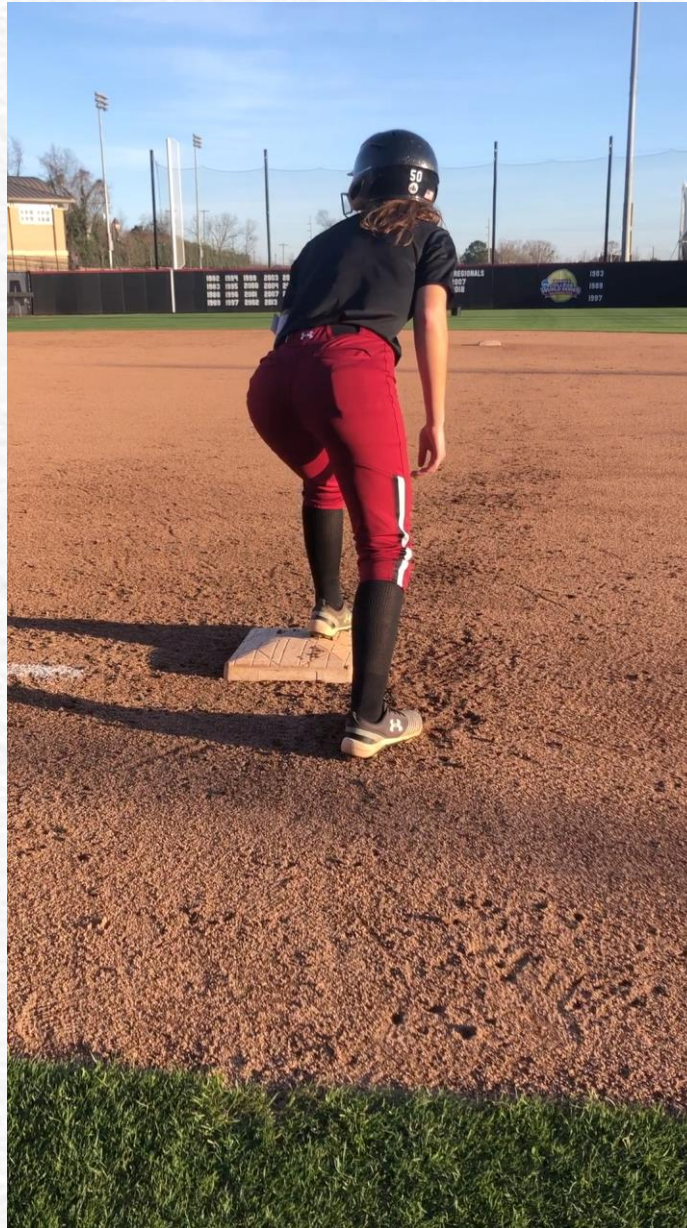
Never squaring up to home

Aggressive first steps

Start low, explode out



Leads



Leads - Timing

Early to on time leaving the base

Last step of lead **VERY** important

The FOUNDATION of many other skills

Timing and posture



Leads – Timing Release



Leads – Timing Release



Leads – Timing of Last Step



Ball in the dirt (BITD)



Leads – Timing of Last Step



Leads – Timing of Last Step



Lead and Read

Leads at Different Bases



1B

~3 step lead

2B

~5 step lead

3B

Walking lead



Walking Lead and Angle Down



Drills

When in practice to run bases?

Why not start with it?

Where are there opportunities to add base running?

How can we add base running to things we already do?

Modifications to things we already do...

Doubles scrimmage/Run 'till you get out

Steal free pass

Players coaching bases during scrimmages



Leads>Returns Drills

Leads>Returns

Runners taking leads at all bases off pitcher
Next in line claps at pitch release

Leads>Returns with BITD

Runners taking leads at all bases off pitcher (each runner independent)
Some pitches will be normal, some will be in the dirt

Leads>Returns with catcher pickoffs

Runners taking leads at all bases off pitcher (each runner independent)
Catcher will catch ball and come up as if picking off to one of the bases
Runner at the base catcher is picking to must get back, other runners may advance?



BITD Drill



Pitcher alternates between regular pitches and BITD, runners take their leads, read and react



Angles and Turns Drills

Runners at home and 2B (independent)

On pitcher's motion, runner at home swings and runs to 2B (like they've hit a double)

Runner at 2B takes lead off pitcher and runs like she's scoring on a 'hit'

Runners at 1B and 3B

Runner at 1B takes lead off pitcher and runs like she's going 1st to 3rd

Runner at 3B working on tagging up, tags up and runs home

Coaching point: make sure the runners pick up the 3B coach



Read Drills

Reading ball off bat

Runners at any of the bases, fungo hitter at home, OF in position
Runners read and react balls hit by fungo batter

Runner at 2B

Runners at 2B, fungo hitter at home, SS in position
Runners judge whether they can advance based on whether ball is in front or behind them

Angle down

Runners at 3B, fungo hitter at home
Runners take lead and react to balls off bat



Questions?



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FOREVER TO THEE