



Guelph Minor Softball Association

Base Running Base Running –Home to First:

- Runners should learn to run as fast as they can when running from home to first.
- They can over run the base and should turn toward the fence when returning to first.
- Players should learn to run through the base.
- They should not slide –no matter what the circumstances are.
- Players should be taught to touch the bag every time.

Runner to First Base for a Single:

- Line up the players at home plate.
- With a bat (no ball) have the players take a swing and run to first.
- Make sure they do not throw the bat.
- They should place the bat down and run as fast as they can to first base.
- Make sure they run through the base and return to first properly.

Runner to Second for a Double:

- Line up the players at home plate.
- With a bat (no ball) have the players take a swing and run to first.
- Coach at first base will instruct player to turn and run to second.
- Player should start to angle outside the runner lane so they can properly turn to second without slowing.
- Make sure to step on base at first.
- Player may slide or stop on second base.
- Make sure they do not run through base.

First to Third Base:

- Runners leaving first base should start to look at the third base coach at 2/3's the way to second.
- The coach will indicate to stop (hands up) or continue to third (large circles with arm).
- Players will need to learn to look for coach and react accordingly.

First to Third Base Drill:

- Line up the players at first base.
- Coach at home plate with hit ball into field.
- Runner should start toward second and begin to look at third base coach.
- Coach will use either command and runner will react accordingly.
- Continue to run players around to home using same concept.
- Player will return to first base and get back in line to run again.
- Coaches will work to ensure players understand the signals and are executing accordingly.