

BASERUNNING DRILL, ROUNDING 1B

DRILL

- Have all players line up at home with helmets on
- Have a coach play SS, 2B and centerfield. Also have a coach at home with baseballs.
- The coach at home will throw ground balls to either SS, 2B or to the centerfield.
- Have the players run one at a time starting at home towards 1B each time the coach throws a ground ball.
- If the ball is fielded by the coaches playing infield, then the runner will run in a straight line through the base.
- In this situation, runners should plan on running hard in a straight line through the base, then break down with short choppy steps.
- Train all runners to look over their right shoulder and anticipate an overthrow.
- If the coach at home throws a ground ball up the middle to the coach playing centerfield, have the players take a rounded approach at first and break towards second, then put on the brakes and get back to first.
- The coach playing centerfield in this situation can throw behind the runner and try to get him out as he is driving back to 1B. This will teach the runners to be aggressive on the turn in case the centerfielder bobbles the ball.
- The centerfielder can also bobble some and then the runners would break towards 2B in this situation.