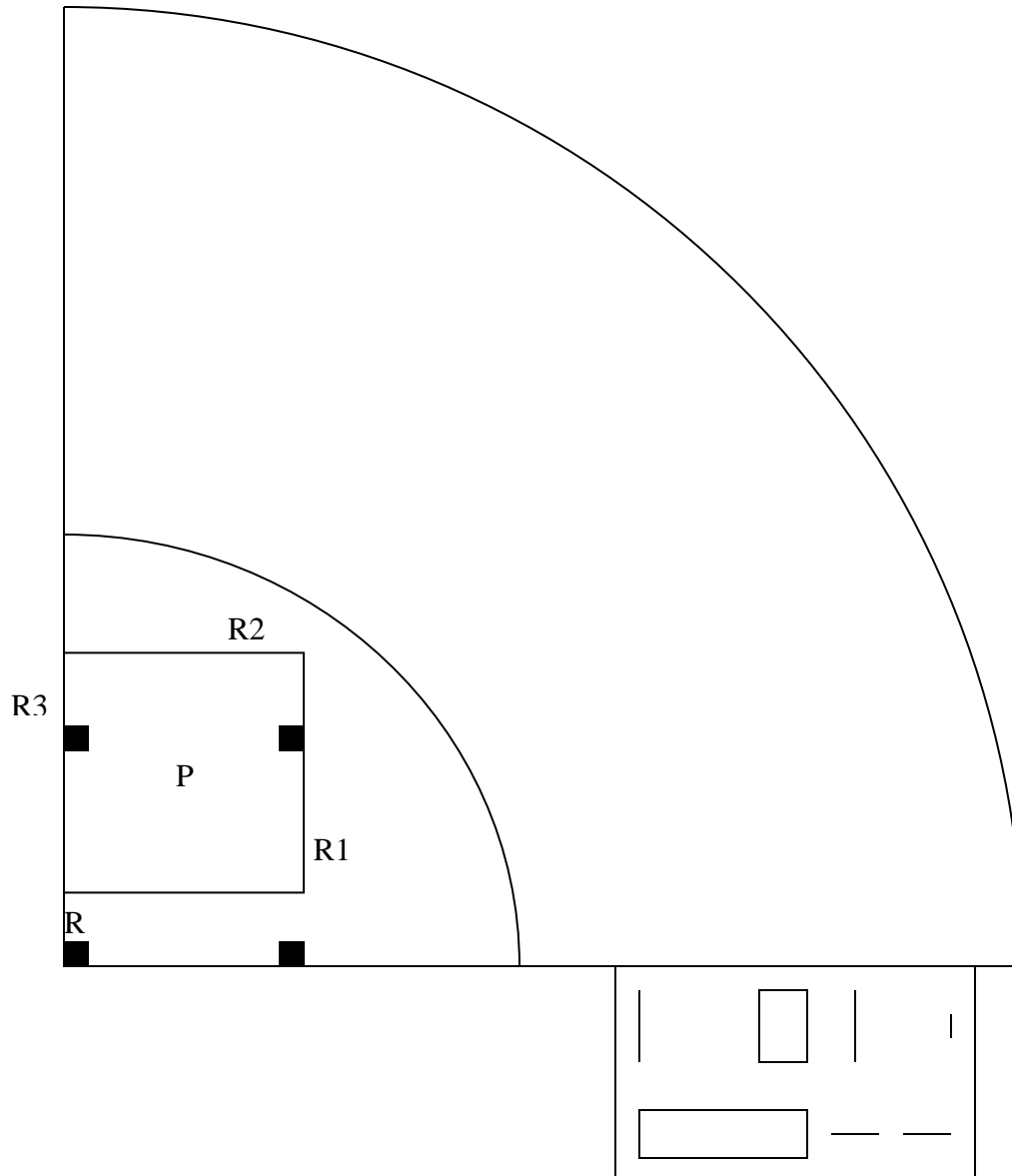


AGGRESSIVE BASERUNNING DRILL



PHASES

- R:** Drill begins by R simulating a hit into the OF and sprinting to 1st making a hard round of the base then stopping and diving back.
- R1:** R1 takes an aggressive 15' lead (R-L-R-S-S) and steals 2nd, concentrating on the crossover step, and slides into 2nd.
- R2:** Takes a 2 out lead from 2nd, then an aggressive secondary lead and dives back into 2nd. R2 then takes a walking lead from 2nd and steals 3rd.
- R3:** R3 takes a short lead and walking secondary from 3rd, making sure to stay in foul territory, then returns hard to 3rd standing up in fair territory. R3 then takes a lead and simulates a squeeze break at 3rd, leaving when P breaks his hands.
- P1:** Simulates throwing from the stretch to give runners a read.
- * To vary drill have R simulate different types of hits.
- ** To keep things in order begin drill with R, R2, and R3.
- Make sure R only goes after R3 scores.