

BASERUNNING IN SOFTBALL

QUALITIES

- AGGRESSIVENESS
- JUDGEMENT
- SPEED & TIMING

BE AGGRESSIVE - MAKE THINGS HAPPEN

RUNNERS AND COACHES

- MUST ALWAYS KNOW - THE SCORE, THE COUNT, NUMBER OF OUTS, WHO'S ON BASE & WHERE, AND WHO HAS THE BALL! (BASE COACH)
- MUST ALWAYS STUDY - PITCHER'S MOTION
- OUTFIELD ARMS
 - INFIELD MOVEMENTS
 - CATCHER'S HABITS

KNOWLEDGE IS THE FOUNDATION OF SKILL

TO STRETCH A BASE HIT - LOOK FOR:

- INFIELDER TURNING AWAY FROM THE PLAY.
- OUTFIELD CATCH MOVING AWAY FROM THE THROW.
- OUTFIELD CATCH ON THE GLOVE SIDE.
- FIELDER HANDLING THE BALL TWICE.
- OUTFIELD - SLOW ARM OR RELEASE.
- THROW BEHIND THE RUNNER.

TO ADVANCE - LOOK FOR:

- SOFT THROW FROM CATCHER TO PITCHER.
- A THROW BEHIND THE RUNNER.
- HEEL OF PITCHER'S PIVOT FOOT TO COME UP.
- INFIELDERS NOT COVERING ADVANCED BASE.
- PITCHER LEAVING THE CIRCLE WITH BALL.

GOOD BASERUNNERS FORCE MISTAKES

THOUGHT PATTERNS FOR SUCCESS

- OFF 1ST
- FOCUS ON GETTING TO SCORING POSITION.
 - MUST EXPLODE OFF BASE ON EVERY PITCH.
 - ON SACRIFICE BUNT - SEE THE BALL ON THE GROUND - THINK SLIDE.
 - ON A HIT TO RIGHT OR CENTER - GO FOR 3RD.
 - ON A SHALLOW FLY BALL - GO 1/2 WAY.
 - ON A DEEP FLY - TAG & GO.

SUCCESSFUL RUNNERS ARE THINKING RUNNERS

- OFF 2ND
- FOCUS ON SCORING.
 - NO ONE OUT - THINK SACRIFICE.
 - ON A SOFT SINGLE - SCORE.
 - ON A HARD SINGLE - WATCH FOR COACH.
 - ALWAYS PREPARE TO SLIDE AT HOME.
 - NEVER MAKE 3RD OUT AT 3RD BASE.
- OFF 3RD
- CLOSE GAME, LATE INNING - THINK SQUEEZE.
 - LEAD OFF IN FOUL TERRITORY.
 - ON SHORT FLY - BREAK AND DRAW THROW.
 - ON MEDIUM FLY - SLIDE & SCORE.
 - ON LONG FLY - MAKE SURE TO TOUCH HOME PLATE.
 - NEVER MAKE 3RD OUT AT 3RD BASE.

NEVER MAKE 3RD OUT AT 3RD BASE

TO COACH OR NOT TO COACH

BASERUNNING QUESTIONS FOR THE COACH;

- TO WHICH PLAYERS CAN YOU GIVE A TOTAL GREEN LIGHT?
- WHICH PLAYERS HAVE SUFFICIENT SKILLS TO RUN ON THEIR OWN?
- WHICH PLAYERS NEED TO BE CONTROLLED?
- WHO CAN YOU COUNT ON TO STEAL 2ND?...3RD?