

**RUNNING DRILLS**

**COACHES:** This is a list of running drills to work with your players. Learning proper running technique is important to successful base running in a game, and is probably the most neglected aspect of softball. If you are not familiar with good running technique, try to have someone with track training experience attend one of your practices to help the players.

**RUNNING TECHNIQUE**

1. Cycling Motion - against fence
2. Rhythm Marching - arms extended up
3. Skip Marching - arms extended up
4. One Leg Pumps, left & right.
5. Alternate Leg Pumps - walking
6. Deer Leaping - extended stride
7. Heel to Toe Walking - accelerated speed.
8. Sprinting Starts - over obstacles - short stride to long
9. Start from High knee action
10. Leaning Starts - with Partner
11. Leaning Starts - with Tubing

**BASE RUNNING TECHNIQUE**

12. Breathing control Sprints - with exhale
13. Leg Drive Sprints - focus on ankle thrust
14. Knee Drive Sprints - focus on high knee action
15. Heel Kick Sprints - focus on heel action
16. Base running Starts/Sprints - focus on explosion off base
17. Wind Sprints - focus on form/smoothness/body alignment