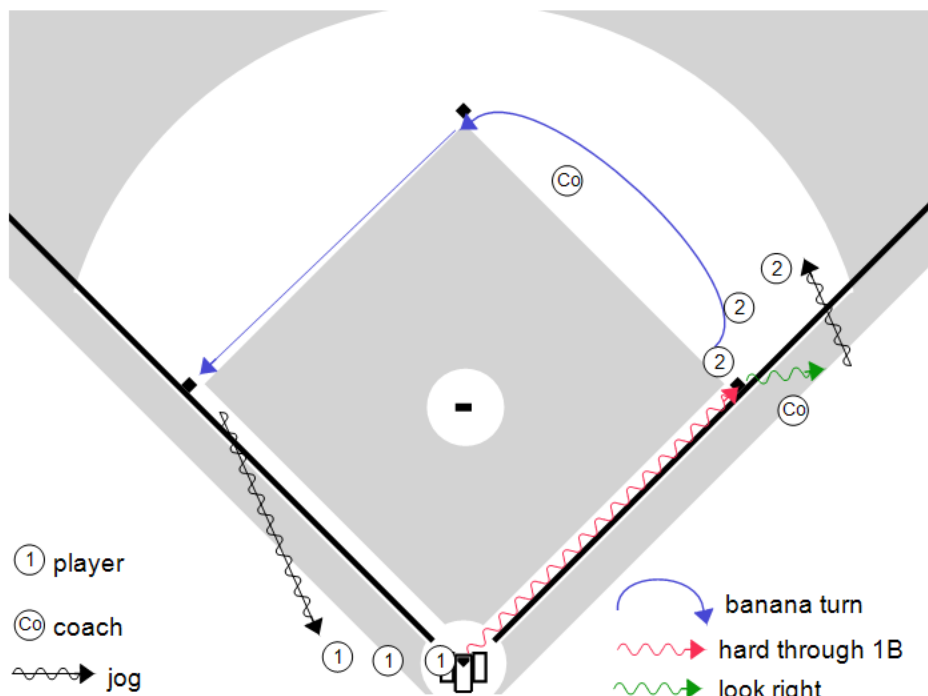


Title : BasicBaserunning **Category #1 :** Skill **Category #2 :** Baserunning

Content elements : _____ **Components :** _____



Key Points : **Run FAST!!!** **Slow AFTER base** **Look right after 1B** **Front / inside Base**

Description

Objective;
 - Basic baserunning to teach "hard through" 1B and introduce a "banana turn"

Equipment/Setup:
 - 2 bases and 2 cones (use cones as starting point if setting up in the outfield)
 - Coach at 1B emphasizing fast running and looking right (for an overthrow)
 - Coach between 1B and 2B teaching a banana turn

Execution:
 - Player 1 and 2 line up at home and 1B at the same time (extra players out of the way)
 - Coach blows whistle/yells GO, both players start running
 - Player 1 runs hard through 1B, aims for front of base, slows AFTER 1B, looks right for an overthrow
 - Player 2 starts wide towards 2B, aims for inside corner of 2B, then runs hard to 3B

Progression:
 - Add a slide at 3B