

AGGRESSIVE BASERUNNING

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General Principles

1. Effort and Thought
2. Run until the defense stops you!
3. "Hip to Lip"
4. Whenever off base, **KEEP EYES ON THE BALL!**
5. Check the defense every pitch

Home to First

1. Run in straight line – no peel
2. Touch front half of base
3. Widen base and lower rear to stop

Home to Second

1. No (?), pick a spot outside of baseline and head to that spot to create angle
2. Touch inside corner of base – either foot
3. Lean to left

Lead from First

1. Left foot on back side of base, rocker or sprinter start
2. Three step lead, square up to home on third step

Lead from Second

1. Thinking "score" – five step lead to spot outside of baseline to create angle
2. Square up on 5th step
3. Straight line only if bunt, steal, or tagging up
4. Go on ball hit behind you, see it through on ball in front

Lead from Third

1. Passive lead, stay in foul territory (exception: squeeze)
2. Contact play – read ball down off bat and go, force play at the plate

Stealing

1. Timing: pitcher hands come up to 12 o'clock (no backward movement)
2. Straight line to base and slide away from ball
3. Run on pitches in dirt (when catcher's knees go down), recognize change-up

Tagging Up

1. Tag up **ONLY** when you will advance on the catch; otherwise, get off far enough to get back safely if caught or advance if dropped (except: tag on all foul balls)
2. Runner watch the catch to time when to leave