



2016
Two Week Base Running Plan

Day 1

- 1B** 3 min 1) **New School Lead**- Scissors, turn, 3, 4(or step, step)
I would have 4 bases or tape down for bases- so 3 groups of 4.
This is an 8 foot lead. We start with the scissors stance because of the chance of a quick pick. Stillwater, Bryant, and Horatio have picks designed for normal step leads.
So the eyes need to be closed so they can get a feel for their lead. If it is too long or short they know to add or take a little away.
- 3 min 2) **Controlled Shuffle**- for time purposes we don't get a lead on this. They get 3-4 controlled shuffles. We clap or say go 3-4 times.
A controlled shuffle is a shuffle where when your feet hit the ground you can go either direction. You should NOT be leaning toward 2B.
- 3 min 3) **BACK- How to Get Back**- When Pitcher picks, Runner will crossover (lead with right foot crossing over) and dive back or fall back (as some will say) to 1B.
This part is simple but must be done, I didn't do this last year and the players had doubts about getting back. The base running guy from Dayton University told me I really need to teach this at the beginning. So when I came back from the ABCA we did it every day for 3 weeks and he was right. For some reason this makes them know they can get back safely.
- 1 min 4) **UCLA**- this is silly but I will clap my hands saying U, C, L, A and have the boys say this along with me. We do this so we can all try to have the same rhythm.
- 2B** 3 min 1) **Mo Lead**- Right, Left, Right, Left, turn shuffle, shuffle- this is an 18 foot lead.
The eyes need to be closed so they can get a feel for their lead.
- 4 min 2) **Rules of the Mo-Lead**.
Runner needs to try to add to 21ft.

Runner must keep his eyes on the Pitcher once he starts his lead.

Very important the 3B or 1B coach (whoever you decide) to watch the MIF (or whoever decides to hold)- this is the MOST important part so they know to trust this. So let them know you have their back.

Coach and Runner need to know how many looks the pitcher is taking: most pitchers get into some type of rhythm. (this is where we use our board)

The main rule is if the runner can get to 24ft AS the pitcher starts his leg lift- you keep going. So you start at 18 and try to add to 21- now if you know he is a One looker: as the hat bill turns you take a shuffle and if you get it on leg lift you keep going.

The rules are very important to follow because you are already in scoring position.

- 3 min 3) **21ft- 1 Look drill**- start runners at 21ft. You need to have a coach be a P (he will always be a 1 look guy and DO NOT PICK at this time). This drill teaches them to get their shuffle as the Pitchers hat bill turns to go home. So the pitcher will come set, do a 1 look and throw home.

Day 2 Do the same thing as Day 1 at both 1B and 2B. This is new so they will need to practice this stuff for two days in a row.

Day 3 2 min 1) **New School Lead**- Scissors, turn, 3, 4(or step, step)

1B

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So the eyes need to be closed so they can get a feel for their lead. If it is too long or short they know to add or take a little away.

- 2 min 2) **Controlled Shuffle**- for time purposes we don't get a lead on this. They get 3-4 controlled shuffles. We clap or say go 3-4 times.
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- 2 min 3) **BACK- How to Get Back**- When Pitcher picks, Runner will crossover (lead with right foot crossing over) and dive back or fall back (as some will say) to 1B.
This part is simple but must be done, I didn't do this last year and the players had doubts about getting back. The base running guy from Dayton University told me I really need to teach this at the beginning. So when I came back from the ABCA we did it every day for 3 weeks and he was right. For some reason this makes them know they can get back safely.

- 1 min 4) **UCLA**- this is silly but I will clap my hands saying U, C, L, A and have the boys say this along with me. We do this so we can all try to have the same rhythm.

- 3 min 5) **Call SET**- You will need a coach be a pitcher, have the P come set in several different ways. When the P comes set the boys will need say "SET". This will help them to get

focused on the Pitcher. Our guys look at which ever elbow they can see clear, the back elbow is usually seen well.

2B

- 3 min 1) **Mo Lead**- Right, Left, Right, Left, turn shuffle, shuffle- this is an 18 foot lead. The eyes need to be closed so they can get a feel for their lead.
- 2 min 2) **Secondary Lead**- Get your 18ft lead, have the pitcher do a 1 Look and throw home. During this time we will not steal so they will never get to 24ft. So when the P goes home we start our Secondary lead- shuffle, shuffle, read (land on the ball of our feet). We are not stealing, just working on our secondary lead.
- 2 min 3) **21ft- 1 Look drill**- start runners at 21ft. You need to have a coach be a P (he will always be a 1 look guy and DO NOT PICK at this time). This drill teaches them to get their shuffle as the Pitchers hat bill turns to go home. So the pitcher will come set, do a 1 look and throw home.
- 3 min 4) **Terms- Sit, Add, BACK**
Sit- means stop moving- someone is in striking distance
Add- means add ONE step- there is room to add a step
BACK- get back NOW, probably will have to dive back. Someone is flashing to 2B now. They will get their 18ft lead and the 3B coach will talk to them.
If they get to 24ft they can go.

Day 4 Do the same as Day 3 for 1B and 2B

Day 5 2 min 1) **New School Lead**- Scissors, turn, 3, 4(or step, step)

1B

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- 2 min 2) **Controlled Shuffle**- for time purposes we don't get a lead on this. They get 3-4 controlled shuffles. We clap or say go 3-4 times.
A controlled shuffle is a shuffle where when your feet hit the ground you can go either direction. You should NOT be leaning toward 2B.
- 1 min 3) **UCLA**- this is silly but I will clap my hands saying U, C, L, A and have the boys say this along with me. We do this so we can all try to have the same rhythm.
- 3 min 4) **Land on a Letter**- Coach you pick a letter (UCLA) and have the runners try to land on the letter(they should all be using the same letter). The want their left foot to land as

they say the letter. They should talk loud enough where the coach or players close by can hear them. If they hit the letter then they steal and keep going for a few steps.

2 min 5) **Call SET**- You will need a coach be a pitcher, have the P come set in several different ways. When the P comes set the boys will need say "SET". This will help them to get focused on the Pitcher. Our guys look at which ever elbow they can see clear, the back elbow is usually seen well.

2B

3 min 1) **Mo Lead**- Right, Left, Right, Left, turn shuffle, shuffle- this is an 18 foot lead. The eyes need to be closed so they can get a feel for their lead.

2 min 2) **Secondary Lead**- Get your 18ft lead, have the pitcher do a 1 Look and throw home. During this time we will not steal so they will never get to 24ft. So when the P goes home we start our Secondary lead- shuffle, shuffle, read (land on the ball of our feet). We are not stealing, just working on our secondary lead.

5 min 3) **Terms- Sit, Add, BACK, back 1, Good, Clear**
Sit- means stop moving- someone is in striking distance
Add- means add ONE step- there is room to add a step
BACK- get back NOW, probably will have to dive back. Someone is flashing to 2B now.
Back 1- Someone is getting close or holding you close- take one step back
Good- try to add 3 feet
Clear- keep your feet moving toward 3B, this may be by inching away, taking shorts, or continue hops toward 3B- there is a great chance we can steal on Clear. The SS/2B is not close enough to attack or flash to 2B.
They will get their 18ft lead and the 3B coach will talk to them.
If they get it, they can go.

Day 6 2 min 1) **New School Lead**- Scissors, turn, 3, 4(or step, step)

1B

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So the eyes need to be closed so they can get a feel for their lead. If it is too long or short they know to add or take a little away.

2 min 2) **Controlled Shuffle**- for time purposes we don't get a lead on this. They get 3-4 controlled shuffles. We clap or say go 3-4 times.
A controlled shuffle is a shuffle where when your feet hit the ground you can go either direction. You should NOT be leaning toward 2B.

2 min 3) **Land on a Letter**- Coach you pick a letter (UCLA) and have the runners try to land on the letter(they should all be using the same letter). They want their left foot to land as they say the letter. They should talk loud enough where the coach or players close by can hear them. If they hit the letter then they steal and keep going for a few steps.

1 min 4) **Call SET**- You will need a coach be a pitcher, have the P come set in several different ways. When the P comes set the boys will need say "SET". This will help them to get focused on the Pitcher. Our guys look at which ever elbow they can see clear, the back elbow is usually seen well.

3 min 5) **Use Pitcher**- Now we will put it all into practice. Use a P and have the P go on the same letter that they know as well. So we believe that if we can get the right lead, use a controlled shuffle, able to see P get Set, then all they have to do is Land on the Letter. If you don't land on the letter, we need to get a secondary lead.

2B

3 min 1) **Mo Lead**- Right, Left, Right, Left, turn shuffle, shuffle- this is an 18 foot lead. The eyes need to be closed so they can get a feel for their lead.

2 min 2) **Secondary Lead**- Get your 18ft lead, have the pitcher do a 1 Look and throw home. During this time we will not steal so they will never get to 24ft. So when the P goes home we start our Secondary lead- shuffle, shuffle, read (land on the ball of our feet). We are not stealing, just working on our secondary lead.

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Clear- keep your feet moving toward 3B, this may be by inching away, taking shorts, or continue hops toward 3B- there is a great chance we can steal on Clear. The SS/2B is not close enough to attack or flash to 2B.
They will get their 18ft lead and the 3B coach will talk to them.
If they get to 24 they can go.

Day 7 2 min 1) **New School Lead**- Scissors, turn, 3, 4(or step, step)

1B

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So the eyes need to be closed so they can get a feel for their lead. If it is too long or short they know to add or take a little away.

1 min 2) **Controlled Shuffle**- for time purposes we don't get a lead on this. They get 3-4 controlled shuffles. We clap or say go 3-4 times.
A controlled shuffle is a shuffle where when your feet hit the ground you can go either direction. You should NOT be leaning toward 2B.

- 1 min 3) **BACK- How to Get Back-** When Pitcher picks, Runner will crossover (lead with right foot crossing over) and dive back or fall back (as some will say) to 1B.
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- 2 min 5) **Land on a Letter-** Coach you pick a letter (UCLA) and have the runners try to land on the letter(they should all be using the same letter). They want their left foot to land as they say the letter. They should talk loud enough where the coach or players close by can hear them. If they hit the letter then they steal and keep going for a few steps.
- 3 min 6) **Use Pitcher-** Now we will put it all into practice. Use a P and have the P go on the same letter that they know as well. So we believe that if we can get the right lead, use a controlled shuffle, able to see P get Set, then all they have to do is Land on the Letter. If you don't land on the letter, we need to get a secondary lead.

2B

- 3 min 1) **Mo Lead-** Right, Left, Right, Left, turn shuffle, shuffle- this is an 18 foot lead.
The eyes need to be closed so they can get a feel for their lead.
- 7 min 3) **Terms- Sit, Add, BACK, back 1, Good, Clear**
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If they get to 24 they can go.

Day 8 Same as Day 7

Day 9 3 min 1) **Little Lead-** Scissors, turn, 3, this is our Fake Steal lead

- 1B** 3 min 2) **Fake Steal**- little lead, fake steal
- 2 min 3) **Old School Lead**- Right, left, turn, shuffle, shuffle
- 2 min 4) **Straight Steal**- old school lead- steal

- 2B** 2 min 1) **Old School Lead**
- 2 min 2) **Fake Steal**- Old School lead, fake steal
- 2 min 3) **Mo-Lead** - Right, Left, Right, Left, turn shuffle, shuffle- this is an 18 foot lead. The eyes need to be closed so they can get a feel for their lead.
- 4 min 3) **Terms- Sit, Add, BACK, back 1, Good, Clear**
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 If they get to 24 they can go.

Day 10 Same as Day 9

- Day 11 1 min 1) **New School Lead**- Scissors, turn, 3, 4(or step, step)

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2 min 2) **Fake Steal**- little lead, fake steal

2 min 4) **Straight Steal**- old school lead- steal

2B

2 min 1) **Mo Lead**- Right, Left, Right, Left, turn shuffle, shuffle- this is an 18 foot lead. The eyes need to be closed so they can get a feel for their lead.

6 min 3) **Terms- Sit, Add, BACK, back 1, Good, Clear**

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