

Base Running: Why It Matters (Rob Ditoma)

Important things to emphasize as a coach for leading off and stealing:

- Practice/Practice/Practice (full intensity including slides).
- “Comfort” and “Confidence” are crucial to base stealing
- Focus on having player get as far off as they feel safe enough to not get picked off (repetition will allow player to determine which lead is for them).

6-10-11-12 Foot Lead Drills



- Set up cones at different distances (6 feet- 10 feet, 11 feet, 12 feet)
- Have player starting in ready stance (slightly opened with front foot)

Perform each drill at each of the different distances to allow player to get comfortable with positioning and leads around the base.

A) Tennis Ball Drill (Second Bounce Reaction)

- Player on the mound will toss a tennis ball up in the air
- Treat the second bounce as if it is the front foot of R handed pitcher (when see air between ball and ground player may steal).

B) Coach on the mound (Realistic pick off or throw home).

- Players practice from each of the distances reading pitcher appropriately and either getting back or taking off to 2nd base.

Remember:

- Goal is to practice with enough repetition to allow base runners confidence.
- Before putting players on the mound your runners should have success.