

## **BASERUNNING BASICS**

### **PRE-PITCH**

**Know the situation and what you need to do automatically.**

**-OUTS,**

**Ground ball to where, how hard ? whats automatic**

**Line Drive=Freeze,**

**Fly ball = how far do I go?**

**-Other Baserunners**

**-Opposite team.(where are they playing, times and tendencies)**

**-Game Scenario. Winning/losing, early/late in game.**

**-LOOK AT THE COACH..KNOW THE SIGNS.**

### **BALL in PLAY**

**Read, React..RUN.**

**Never assume...always want the extra base.**

**Know where the BALL is at all times.**

**Know where they are..is anyone watching you/is the next base covered.**

### **THINGS TO CONSIDER**

**-Know your speed, Know the Pitchers time and tendencies by paying attention all game.**

**-Good secondaries and READ the pitches...anticipate balls in the dirt and when you can advance.**