

Take 1st Base Coaching to the Next Level!

Checking out the Field

1. How far are their fences?
2. How far is the 1st base fence from first base?

Three Important Questions

3. How good is their pitching?
4. How good is their catcher?
5. How good is their steal coverage?

This will determine how aggressive you will be. The better the pitcher and catcher and steal coverage the more aggressive you will want to be. If their catcher isn't good then you will probably try to steal a base instead of taking a chance stretching a single into a double.

How are their back-ups?

6. Do they back up at 100%?
7. Do they back up at 50%?
8. Does the catcher back up first on ground balls?
9. Does their right fielder back-up second? Are they 20 feet away or 50 feet away?

Is the catcher showing me their signs?

10. Can I somehow figure out if a change-up is coming? Either pick the grip, or see the sign?
11. Tip the batter off with some sort of verbal cue.
12. Call Steal from 1st if you know a change or drop is coming. Use code word for steal. Needs to be quiet.

Random 1st Base Coaching Thoughts

13. Don't talk hitting mechanics at 1st Base. Your job is to get them to 2nd Base now.
14. Help motivate runners to get to 1st Base! DIG, DIG, DIG!
15. Don't High Five them until the pitcher has the ball in the circle.
16. Practice talking to the runner while the runner's eyes are on the third base coach.
17. Be ready for the back door. Have runners walking back to 1B ready to take off to 2B if the middles and pitchers fall asleep.
18. NEVER MISS A WIDE OPEN 2ND BASE! Especially on Suicide Squeezes or push bunts.
19. Teach runners to get as close to 2B as possible before they make the decision to stay.
20. Anything in the air is at least a double until you stop them!
21. Never leave 1st Base early if you AREN'T STEALING!
22. Try to get a "GOING" call on all 1st Base Lead-Offs.
23. Teach hitters benefits of a great lead-off that gets a going call. Getting a "GOING" call will probably result in fastballs and pitches up in the zone. Eliminating the concern of hitting change-ups and drop balls. Making it easier to get a good pitch to hit.

Additions:

1. Making sure the runner knows when they're tagging up (a lot of times on a 1st & 3rd the first base runner will match the action of the 3rd base runner) & obviously on anything foul. Deep fly balls they know are catchable are also a great opportunity to tag.

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2. The runner knows how important their run is. Sometimes they think about that & sometimes they don't, but it's always nice to have a first base coach that will say "don't take any chances here, your run doesn't mean anything" or "don't try anything fancy, our best hitter is up. Let's just let her do her thing." Or "you're the tying run & we have no outs, we're looking to get you into scoring position. Be ready to take the base on a change up/ ball in the dirt" etc.

Especially for younger players (and honestly throughout my college career) it was nice to have these said out loud to me, even if they were just reiterating my own thoughts. A good first base coach makes ALLL the difference!