

LOUISVILLE BASERUNNING DRILL

A drill done right after our stretch routine, emphasizing baserunning at all four bases. Coach stands in center of the field with two bats. When coach starts to separate the bats, runners start their secondary leads. When coach bangs the bats together, players will run on the sound. Multiple players at each base to start. Go through 2-3 times.

- Home Plate – Left Handed Box
 - Start swing when coach pulls bats apart
 - Groundball to the infield
 - Beat it out
 - Hit the front or top of the bag
 - Break down and pivot turn after the bag
 - Stay at First Base
- Home Plate – Right Handed Box
 - Start swing when coach pulls bats apart
 - Ball in the air
 - Double out of the box
 - Create straight line to second base with good turn at first base
 - Hit inside corner of the bag
 - Stop on bag – slow down a bit before or slide
 - Stay at Second Base
- First Base
 - Secondary lead on coach pulling bats apart
 - Take off on bat clang
 - Going first to third base
 - Find baseball while creating route between first and second to get straight between second and third
 - Hit inside corner of bag
 - Stop on bag – slow down a bit before or slide
 - Stay at third base
- Second Base
 - Secondary lead on coach pulling bats apart
 - Take off on bat clang
 - Going second to home
 - Find coach while creating route between second and third to get straight between third and home
 - Hit inside corner of bag
 - Run hard through home plate
 - Go to left-handed batter's box
- Third Base
 - Secondary lead on coach pulling bats apart
 - Return to bag on bat clang
 - Find the baseball – left center field
 - Tag up and take off to home when runner at second base gets 2/3 (use cone) of the way to 3rd base
 - Run hard through home plate
 - Go to right-handed batter's box