



Leads from 2nd Base

Skill Set: Base Running

Difficulty Level: Easy

Number of Athletes and Coaches: 1-5 athletes and 1 coach, or 6 athletes as a group

Average Time to Complete: 10 minutes

Equipment Required: Base

Goal: Keep feet moving to react to throws and get back to the bag or go to 3rd base

Description of the Drill:

- Player starts on 2nd base, other players in a line behind 2nd base
 - Coach/partner acting as pitcher, goes through a wind-up without a ball for every lead
 - Rotations (each lead should be slightly angled back):
 - Player takes a lead (10-15 feet) shuffling their feet, pauses, then goes back to the bag and gets in the back of the line
 - Player takes a lead (10-15 feet), pauses but keeps their feet moving, then takes a couple more steps towards 3rd base when the pitcher goes to throw to the plate
 - Player takes a lead (10-15 feet), keeps shuffling further as pitcher delivers to the plate, then steals 3rd base
 - Each player rotates through each lead 3 times
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Layout of Drill:

