

RUNNING GAME

HOT RUNNER ON FIRST BASE

- ◆ Pitcher will do a specific number of skills that we use to defend the running game (pick, slide step, pitch out, hold, etc.).
- ◆ Pitcher will follow the script.
- ◆ Pitcher will pitch until the script is complete.
- ◆ Runner steals on every pitch to pick up the pace of the drill.
- ◆ Runners at 2b practice stealing 3b.
- ◆ Runners at 3b practice 31 offensive plays.

HOT RUNNER AT SECOND BASE

- ◆ Establish a max look to baserunner.
- ◆ Pitcher can use an inside move, daylight pick, or a timing/predetermined pick.
- ◆ Pitcher throws two strikes to the plate then rotate to next situation.
- ◆ Baserunner tries to steal 3b on every pitch following technique guidelines.
- ◆ Baserunner must try to get back safely on pick play.
- ◆ Runner at 1b can straight steal as if they are the only runner, or they can base their decision on the guy in front of them.
- ◆ Runner at 3b practices 31 offense.

HOT RUNNER AT THIRD BASE

- ◆ Runners at 1st and 3rd practice 31 offense against 31 defense
- ◆ Runners at 1st will a) straight steal, b) delay steal, and c) leave early.
- ◆ Runners at 2b practice stealing 3b using technique taught.
- ◆ Pitcher throws two strikes then is done. Next pitcher comes in and starts with hot runner at 1b.