

Base running Situations to Practice

Running from 1st (*less than 2 outs*)

pop up	3-4 steps wait/watch ball advance/tag up/ stay
ground ball to left side	running hard to 2nd
ground ball right side	running hard to 2nd
line drive	3-4 steps wait/watch ball advance/tag up/ stay
deep fly ball	3-4 steps wait/watch ball advance/tag up/ stay
deep fly FOUL ball catch	watch ball at base advance/stay

Running from 2nd (*no one on 1st, less than 2 outs*)

pop up	3-4 steps wait/watch ball advance/tag up/ stay
ground ball to left side	Track ball advance if safe
ground ball right side	running hard to 3rd
line drive	3-4 steps wait/watch ball advance/tag up/ stay
deep fly ball right	3-4 steps wait/watch ball advance hard to 3 rd
deep fly ball left	3-4 steps wait/watch ball advance/tag up/ stay
deep fly FOUL ball right catch	wait/watch ball stay at 2 nd advance hard to 3 rd
deep fly FOUL ball left catch	wait/watch ball advance if safe/stay

Running from 3rd (*no one on 1st/2nd, less than 2 outs*)

pop up	3-4 steps wait/watch ball advance/tag up/ stay
ground ball to left side	Track ball advance if safe
ground ball right side	running hard to home
line drive	3-4 steps wait/watch ball advance/tag up/stay
deep fly ball right	3-4 steps wait/watch ball advance/tag up/hard to home
deep fly ball left	3-4 steps wait/watch ball advance/tag up/hard to home
deep fly FOUL ball right catch	wait/watch ball/tag up advance hard to home
deep fly FOUL ball left catch	wait/watch ball/tag up advance hard to home

Running from 2nd (*with runner on 1st, less than 2 outs*)

pop up	3-4 steps wait/watch ball advance/tag up/ stay
ground ball to left side	running hard to 3 rd
ground ball right side	running hard to 3 rd
line drive	3-4 steps wait/watch ball advance/tag up/ stay
deep fly ball right	3-4 steps wait/watch ball advance/tag up/ hard to 3 rd
deep fly ball left	3-4 steps wait/watch ball advance/ stay at 2 nd
deep fly FOUL ball right catch	wait/watch ball/tag up/ advance hard to 3 rd
deep fly FOUL ball left catch	wait/watch ball at base stay at 2 nd

Running from 3rd (*with bases loaded, less than 2 outs*)

pop up	3-4 steps wait/watch ball advance/tag up/ stay
ground ball to left side	running hard to home
ground ball right side	running hard to home
line drive	3-4 steps wait/watch ball advance/tag up/ stay
deep fly ball right	3-4 steps wait/watch ball advance/tag up/hard to home
deep fly ball left	3-4 steps wait/watch ball advance/tag up/hard to home
deep fly FOUL ball right catch	wait/watch ball/tag up advance hard to home
deep fly FOUL ball left catch	wait/watch ball/tag up advance hard to home

Running with two outs from all bases

pop up	running hard to next base
ground ball to left side	running hard to next base
ground ball right side	running hard to next base
line drive	running hard to next base
deep fly ball	running hard to next base
deep fly FOUL ball	running hard to next base