

## Other Practice Ideas

1. Practice Base Running = Basic running skills on the field using the bases.
  - a. Running all the way through first base
  - b. Do not watch the ball
  - c. Look towards the fence for an over throw
  - d. Control speed to round bases tight.
  - e. Timing rock off the base  
For a standard hit = leave right when the ball leaves the pitchers hand  
For a bunt = want to leave a bit later to prevent getting caught in double play from a short fly ball.  
Can do this when up to bat in game situation while opponent's pitcher is warming up
  
2. Practice Base Running in one line
  - a. Have all the players line up one line / like the outfield foul line with plenty of space between them
  - b. Have a coach do a pitching motion
  - c. Have the players all leave the line at the same time
  - d. These drills will give the coaches an idea which players are getting off the base the fastest and which one need more help.
  - e. Can do this for both swing away call and for a bunt call.
  - f. This drill can substitute conditioning.
  
3. Practice Infield creep
  - a. Infield players practice two step creep so they are in correct ready position after second step
  - b. Third base creeps up on bunt threat generally until batter has 2 strikes on them.
  - c. First base may need to creep depending on bunt coverage