



Steal Leads from 1st 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: Take good leads to successfully reach second base on a steal or a hit and run

Description of the Drill:

- Player starts on 1st base, other players in a line behind 1st base
 - Coach/partner acting as pitcher, goes through a wind-up without a ball for every lead
 - Rotations:
 - Player takes a steal lead (4.5 shuffle steps), pauses but keeps the feet moving, reads the pitcher's shoulder to get a jump on the pitch and take off toward second, then returns to the back of the line
 - Player takes another steal lead (4.5 shuffle steps), pauses but keeps the feet moving, then steps or dives back to the base and gets in the back of the line
 - Player takes a hit and run lead (3.4 shuffle steps), looks in, then squares shoulders to second base and runs hard toward second base
 - Each player rotates through each lead 3 times
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Layout of Drill:

