

57 BASEBALL RUNDOWN SERIES

The Rundown Series is performed as needed in practice, but typically we try to execute it 1-2 times a week in the weeks leading up to our first game, then about once a week during the game portion of our season. We set aside 15-20 minutes of practice time, spending about 5 minutes for each series. Pitchers will go out in groups of 3, however only one pitcher will go at a time using the top of the mound. This is a great way to execute game situations with rundowns or long throws. Use outfielders as runners.

• RUNDOWN - FUNGO SERIES

- Runner at First Base (Do one of these)
 - Groundball to 1st Base
 - Touch bag and throw to 2nd base
 - Runner stops and gets in a run down
 - Groundball to Left Field
 - Team manager throws to cutoff (3rd Baseman) from left field when runner touches first base.
 - Thirdbaseman redirects ball to 2nd base
 - Runner starts about 10' short of 1st base and acts as if he just hit a single to LF and is heading to 2nd base on the throw to home. Gets in a rundown once he reads throw to 2nd base.
 - Groundball to Right Field
 - Team manager throws to cutoff (1st Baseman) from right field when runner touches first base.
 - Firstbaseman redirects to 2nd base
 - Runner starts about 10' short of 1st base and acts as if he just hit a single to LF and is heading to 2nd base on the throw to home. Gets in a rundown once he reads throw to 2nd base.
- Runner at 2nd Base
 - Comebacker to the pitcher
 - Runner gets in a rundown
- Runner at 3rd Base
 - Infielders play in
 - Groundball to an infielder who throws ball to the plate
 - Runner is green going in looking so he can get in a rundown

• RUNDOWN - PICK SERIES

- Runner at 1st Base
 - RHP 31 Move with throw to 2nd base
 - Runner at 1st takes off on 31 move and gets in a rundown
 - Make the out quickly to avoid the runner at 3rd from scoring (2 out execution)
- Runner at 2nd Base
 - Pitcher performs inside move to 2nd base
 - Runner takes off on leg lift then gets in a rundown.
- Runner at 3rd Base (Do One of These)
 - 31 Defense Full Arm Fake
 - Pitcher throws home to the catcher
 - Catcher full arm fakes to 2nd and catches runner at 3rd base
 - Runner takes off on full arm fake then gets in a rundown.
 - Squeeze Play
 - Pitcher throws pitchout to the plate
 - Runner breaks for home as in a squeeze play
 - Catcher starts rundown back to third base

• LONG THROW - PICK SERIES

- Runner at 1st Base
 - LHP good move to 1st base
 - Runner goes on first movement and tries to steal 2nd base
 - 1st baseman makes long throw to 2nd base (SS covering) for out
- Runner at 2nd Base
 - Pitcher executes spin move to 2nd base with shortstop or 2nd baseman
 - Runner takes off on first rhythm and tries to steal 3rd base
 - MIF makes long throw to 3rd base for out
- Runner at 3rd Base
 - 31 Defense Snap Throw to 3rd Base
 - Pitcher throws to catcher at home plate
 - Runner takes hard secondary and dives back to 3rd base
 - Catcher makes a snap throw to 3rd base for out.