



# **BASERUNNING CHECKLIST**

## **ACTION PLAN**

**(Leads at 1<sup>st</sup> base)**

## **Lead Offs from 1B**

- ◇ Rocker start
  - √ Start behind the bag (1 foot in front, 1 foot in back)
  - √ Better method to ensure you leave on time and get a better jump
  - √ Start opposite arm/opposite leg to be in a good position once you take your lead
  - √ Start lead when pitcher gets to top of circle, back foot releases when pitcher releases pitch
  
- ◇ Track Start
  - √ Start in front of the bag (1 foot in front, 1 foot in back)
  - √ Have to be more careful when you release from the bag
  - √ A good method to have a better view of pitcher, if 1B is playing deep
  - √ Start opposite arm/opposite leg to be in a good position once you take your lead
  - √ Start when pitcher releases pitch

## **Ball not put in play**

- ◇ First 3 Steps
  - √ Most important steps when you take off from bag to get a good jump
  - √ After 3<sup>rd</sup>/4<sup>th</sup> step should be your furthest point if ball isn't play. Good place to be able to get back to the bag
  - √ If you go back to bag, ALWAYS keep your feet underneath you/ Keep your hips facing in direction you are going
  - √ DON'T Square up to home plate

## **Ball put in play**

- ◇ First 3 steps
  - √ If ball is put in play, keep a continuous motion/steps towards 2B
  - √ DON'T Square up to home plate

## **Stealing**

- ◇ First 3 steps
  - √ After first 3 steps take a look in, to see if/where the ball was put in play
  - √ First 3 steps is most important where you get a good jump