

Bellaire Little League Practice

BASERUNNING

TEAM

Objective: Working on running the bases and listening to the coaches directions

Harder then you think

Have 1st base coach at 1st

Run Through = Go past 1st base and candy kane back to first

Get them Turning away from the field NOW.

Look 2 or Round-it or what you want to call this below

Each Player runs to 1st, and turns towards 2nd, looking up towards the field.

Eyes up towards the 3rd base coach, ready to go to 2nd, or stay.

Go 2

(or 2! Or what your team will call this,) **players will go to 2nd base.**

Players should listen on their way to 2nd. Eyes on the base. Coaches Tell'em what they should do. Practice this!

At 2nd base:

Watch 3rd base coach for directions once they leave 1st.

This will take ALL Players some time getting used to your voice- make it easy on them and Practice this-

**It does not matter what
you NAME these
directions as long
as you are consistent**

This is a great time to work on your TEAMS SIGNS