

Training drills – Tagging runners between bases (run down play)

Take a look at the 'Base run' video below. Set up two stations, one between 1st and 2nd base and the second between 3rd base and home plate.

- Have two runners at each base and a runner in the middle between 1st and 2nd base and 3rd base and home plate.
- When you say go, the player with the ball chases the runner back to the base and softly tosses the ball to the next player at the base.
- Play continues until the runner is tagged out.

Coaches will need to implement one of two rules amongst their team. A combination of both is not an option otherwise bases will be left uncovered!

Option one:

Follow your throw – This means (for example), if the player with the ball at 1st base is chasing the runner toward 2nd base, then they will run and wait to cover 2nd base. The 'Base run' video is an example of fielders following their throw

Option two:

Peel off and go back to your base – This means the runner at 1st base chases the runner to 2nd base and then peels off to go back to 1st base

Key points for the run down play:

- Always try and make the final play at the least advanced base
- Fielders should not creep off their bases toward the runner
- **Fielders need to be careful not to obstruct the runner**
- If the fielder does obstruct the runner, the runner will be awarded the next base