



Baserunning

Hit Ball

- When running to first base you must stay to the right side of the running lane.
- As you hit the base your head should look to the right to find the ball if it is over thrown
- Always run toward first base in the event you strike out swinging. If the ball hits the ground and first base is not occupied (less then 2 outs) they must either tag you or the base in order to get you out. ***With two outs you may run even if 1st was occupied prior to the pitch.***
- On a base hit to RF either run straight through the base if hit hard enough for RF to throw to first or round base looking at the ball entire time (can't get too far off the base in case she throws behind you)
- On base hit to LF round base further turning your body toward the play and if they were to throw behind you then run to second base.

First Base

- When on bases if the ball is hit in the air foul and less then two outs always go back to your base and tag up remaining there until the ball hits the fielders glove. You can't advance if it is an uncaught ball, but you may advance if the ball is caught.
- When taking a lead off first base, use rocker step (one foot on the base and one foot behind in foul ground) rocking back on pitchers first move and pushing off the base as her hands get to a position above her head.
- When leading off first base take three hard steps and then turn body towards plate with a good base looking for the ball.
- Never turn your head losing sight of the ball
- As you retreat use a slide step and not a crossover just in case it is a bad throw (you will be able to change directions quicker)

Second Base

- When leading off second base, take 5 hard steps and then square to the plate to find the ball. If they throw down to second turn and run to third.
- When nobody is on first and you are on second. If the ball is hit on the ground to the right side or up the middle behind you after you take your lead, you should run to third base.
- When nobody is on first base and you are on second. If the ball is hit on the ground in front of you, hold your ground until the ball is thrown (make sure you see it in the air) and then if you think you can make it to third you can run. **Don't fall for a fake throw.**



Third Base

- When leading from third always lead in foul ground and return to the base in fair territory so as to either get hit by ball if thrown to base or to get in the path or eyesight of the 3rd baseman.
- When taking a lead from third you can delay getting off the base a little so your momentum is going toward home and not stopped. You also don't want to get called out for leaving early when only 60 feet from scoring a run.
- With less than two outs if the ball is hit in the air tag up and wait for the ball to be caught unless it is a ball hit short of an outfielder coming in toward home. The reason for this is that you won't be able to score on a hit ball to a short outfield position unless you are part of the way down the line to start with.
- Try to read the angle of the pitch off the pitcher's hand!

- **At any point** in time if an infielder is catching the ball going away from home you want to try and tag and score because they will not have momentum and will take longer to throw home to get you out.
- Be aggressive on a past ball. If you think you can make it go. If you hesitate at all stay even if the coach tells you to go.
- Downward angle ball is a ball hit on the ground. If the coach tells you to go on contact, you should be watching the ball and if it is hit down on the ground (except to the third baseman's right) you should make the defense make a play and throw you out at home.

- **At Any Point** - Never run into an out. If a player has the ball and looking to tag you out, stop and get into a rundown don't just give yourself up.
 - Never come off a base unless told to by the umpire
- If running between bases and the ball is hit in front of you (fielder in your way with ball) stop and make them come tag you or if you can go behind them run around them avoiding the tag.
- Never look over your shoulder at the ball as you run. Hit the ball, put your head down and run, look for base coaches to help you out and as you round the back find ball and then next base coach.
- When sliding into a base, read the eyes of the defensive player (they will tell you where the ball is coming from). There are times to slide away from the player (if she is coming off the base and would have a long way to go to tag you out) and there are times that you should slide in her sight line so to make it difficult to see the ball and possibly get hit by the ball.
- Always jump up off the ground and find the ball when you slide into a base. If it is a bad throw you might be able to advance to the next base if you get up quick.
- If you score a run and go in standing, hit the center of the plate and then pick up the batter's bat (if there is another person running behind you the bat won't be in the way of them).
- If there is any question while scoring a run, always go back and touch the base before running to the bench.
- If you miss a base while running you must go back and touch it before you can advance.
- If you round a base (ie second going toward third) and the ball is caught you must go back and retouch the base before running back to the base you originally started from. (an example



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would be a long fly ball and you were running with the pitch. You round second base and the girl catches the ball. You must retouch second before heading back to first)

- If runners are on first and second or bases loaded and less than 2 outs and the hitter pops the ball up on the infield it is an infield fly. If the umpire calls an infield fly, the batter is automatically out and the runners can advance at their own risk (if caught you can tag up and advance. If dropped you can run but DO NOT HAVE TO!!!!).
- When running the bases and you see a throw going home, go way over the cut-off players head, this should be an automatic advance to the next base.

Hitting

- Time the pitchers speed while you are on deck.
- Try and pick up tendencies of the pitcher. Does she always throw her change-up with two strikes. Does she elevate (throw ball up in the zone) with two strikes. The more information you go up to bat with the better chance you have to get a hit.
- Have a plan as you go to hit
- Know your favorite pitch and look for it early in the count or if you get ahead in the count.
- With runners in scoring position and less then two outs try to look for your pitch and hit it from the Left centerfield to Right centerfield gaps.
- With a runner on third in less than two outs try to hit the ball in the air in order to score the runner from third.
- Crowd the plate early but be ready to make adjustments. Most high school pitchers like the outer part of the plate and some are afraid to go inside because they might hit the batter.
- With two strikes you need to adjust your swing (flatten out the bat) so you can make contact with the ball. If you hit the ball you have a chance to get on base. If you swing in miss, it makes reaching base difficult.
 - If you stride with your front foot make the stride a small one of 3-4 inches and allow your feet to pivot as you bring the bat through the hitting zone.
 - Throw the knob of the bat at the ball swinging just inside the path of the ball.
 - Set your hands in a place that you will only move forward on your swing and not back away from the pitch and then forward.

Bunting

- Understand the situation. Know when it is a bunt for a hit and when it is a sacrifice bunt.
- In the event you are asked to sacrifice bunt, square around as soon as the pitcher starts her move towards the plate.
- Get the bat head out in front of the plate
- Make yourself small bending your knees
- Start with your hands at the top of the strike zone and if the ball is lower then bend your knees down to bunt the ball
- When sacrifice bunting try not to bunt the ball back to the pitcher but you don't have to be too fine and bunt the ball right down the first or third baselines. ***Point your belly button where you want the ball to go.***
- When performing a suicide squeeze bunt you must attempt to bunt the ball no matter what. Square around early and try and bunt the ball down the first base line if possible. The key



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is to get the ball on the ground and not in the air. If you get the ball down we have a great chance to score a run.

- Sometimes it is ok to try and push the ball towards either the shortstop or second base positions if the players charging charge to hard. This way you get the ball by them and into no mans land.
- If bunting for a hit, make sure to wait as long as you can before squaring around and then bunt the ball as you are taking your first step out of the box.
- If performing a show and slash then the batter should show like they are going to bunt early before the pitcher starts her movement shortening her hands on the bat. As the pitcher begins to throw slide your top hand back to your bottom while bringing the bat quickly to your ear and try to take a short swing at the ball hitting it on the ground.

Fielding

- Before each batter we need to communicate the bunt defense we want to run as well as the number of outs, and what to do with the ball once it's hit.
- Always communicate before something happens so you know who is covering bases on specific plays as well as keep your mind sharp.
- All infielders should walk into their starts (creep towards the plate) as the pitcher begins her wind-up
- Outfielders should have their glove about waist height, feet slightly apart, one foot in front of the other, with knees bent.
- When fielding the ball get your feet apart with the throwing hand foot slightly back from the other foot. Try and field the ball just inside your throwing foot side. Have your glove on the ground and the bare hand on top. Keep your eyes down watching the ball into your glove as you bring the ball in towards your stomach.
- At any point you are fielding the ball going towards the base you want to throw to, look to underhand the ball allowing the girl catching it to track it longer and not handcuff her.
- Rundowns – When you get a player in a rundown always run her back to the base she came from. Have the ball out of your glove and give the ball up to your teammate when the runner is 15 feet from the base. Try and tag the runner if you can because the fewer the throws the better chance we have to get the runner. Once you give up the ball follow the throw staying to the right and cover the new base.
- Cut offs – Person receiving the throw is person responsible to line-up the person who is the cut-off. Throws should be low enough that the cut-off can catch the ball and make throw to base. Person covering base needs to communicate to cut-off as the ball is in the air about halfway from person throwing and the cut-off.
- Playing the fence – If the ball is hit towards the fence. The fielder should always find the fence first and then work back towards the infield. Catchers should put their back towards the infield and expect the ball to spin back to the field of play.



Backing up bases

- **Tagging a player** – When tagging a player with the ball use two hands and keep the ball in the glove. It is ok to tag the girl hard enough to knock her down. You want the umpire to know you made the tag.
- **Cover bases** – If you are an infielder not involved in a play then be at your base just in case there is a play there. Never stand around on the field in “no man’s land”.
- **Over the shoulder** – When ball is hit over your shoulder, drop step, and run through the ball catching it with pinkies together at eye level. Do not drift backwards because often the ball will land behind you and you can trip or lose your balance.
- If at any time you field a ball and the runner is in front of you then either tag her or runner her back toward the base she came from. If it is a force situation, run at her then flip to the base getting the force out prior to getting the runner out.
- When not involved in the play make sure that any base runners touch the bases. If they miss you can help us appeal the runner in order to get her out. Just let the coach know once the pitcher has the ball in the circle.