



Baserunning Conditioning

Skill Set: Team

Difficulty Level: Easy

Number of Athletes and Coaches: Coaches and Team

Average Time to Complete: 10 minutes

Equipment Required: Field or throw down bases, coach with fungo and bucket of baseballs

Goal: Focus on running the bases properly based on the hit and conditioning.

Description of the Drill:

- Start with runners on first and second and one player in the batter's box. Have all other runners in a line behind home.
 - Have a coach in the third base box and another coach out in front of home with a bat and baseballs.
 - The coach will hit a ball to any part of the field. All ground balls will be considered to be base hits. All fly balls will be considered singles also.
 - All baserunners should behave as if there is a defense.
 - Runner in the batter's box ("hitter") will run hard through first base on a ground ball or round the base on a ball hit in the air to the outfield.
 - Runner at first will run hard to second on a ground ball to the infield. This runner will pick up the third base coach on any ball hit to the outfield to determine whether to stay at second or proceed to third.
 - Runner at second will go straight to third on a ground ball. On a fly ball, this runner will round third and pick up the third base coach to determine whether to score.
 - Runner at third will tag on a fly ball and run when the ball hits the ground.
 - Keep rotating players through this drill until each player has been the "hitter."
-

Layout of Drill:

