

LEVEL: TRIPLE

# TRIPLE – BASERUNNING

A coach is standing at 2nd base. The athlete takes a position at 1st base keeping only one foot on the base. When the athlete is ready, the coach says "GO" signalling the athlete to leave. To be successful, the athlete must run the distance with a proper slide at 2nd base using: bent leg with other leg extended in the air, hands in the air, weight on bottom.

Below is an activity which can be used to prepare for this skill.

## **ACTIVITY** *SLIDING*

[Click here](#) for video demonstration

**Goal:** Execute proper base sliding techniques.

**Description:** Place a mat (or sliding surface) on an open area of grass. Have athletes line up in single file approximately 10 to 15 feet away from the mat. Have athletes run and complete the slide into the mat, one at a time.

For all sliding techniques, the coach can shorten the 'run up' distance to slow the athletes down and focus on the technique of the slide, then slowly increase the speed of the athletes after they feel more comfortable.

**Equipment:** Mats (optional), a long piece of cardboard also works

### **Bent Leg Slide:**

Make sure the athletes have their hands in the air to avoid injury. Stay low throughout the approach of the slide to decrease the amount of impact with the ground.

### **VARIATIONS AND PROGRESSION:**

- A. Sliding with legs forming a '4'
- B. Football slide

