

LEVEL: ON DECK

ON DECK – BASERUNNING

To complete this task, athletes must know what direction to run after hitting the ball. The coach can consider various bases to check athletes' knowledge.

Below is an activity that can be used to prepare for this skill:

ACTIVITY "THE TRAIN" (25)

[Click here](#) for video demonstration

Description: Starting from home plate, athletes form a line and lightly jog around the bases, saying the name of the base as they touch it. Parent/guardians are encouraged to join in this activity!

Equipment: (minimum of four)

VARIATIONS AND PROGRESSION:

- A. Coach leads the line
- B. Individually, done while jogging
- C. Have athletes start at different bases
- D. Individually done by running, athlete goes around the bases (same as Hit, Run and Throw)

KEY POINTS

- Athlete must learn to run the bases in the correct order
- Learn the name of each base

