

LEVEL: HOME PLATE

HOME PLATE – BASERUNNING

Able to hit off a tee
and run through
1st base

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

ACTIVITY THE TRANSITION (26)

[Click here](#) for video demonstration

Goal: To expose the athlete from transitioning from hitting to running.

Description: For safety reasons, and to avoid hitters from throwing their bats, ask all athletes to take the final hitting position (follow through). Starting from that position, ask athletes to a) drop the bat and b) initiate a run to 1st base. Emphasize the importance of the first three, quick steps only. Repeat again. Make sure all athletes execute at same time with no wait time.

Equipment: Bats and running base line

VARIATIONS AND PROGRESSION:

- A. Repeat same exercise with athletes running until half distance to first base
- B. Repeat with full distance. Allow proper rest between repetitions

