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Get 'em on – Move 'em over –
Get 'em In: Coaching First and
Third Base


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COACHING FIRST BASE


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Areas of Responsibility

- No One On
- Player Running to First
- Player on First


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With No One on Base

- n Stay Focused
- n Check Catcher
- n Watch Pitcher: windup, grip, look for tips
- n Check fielder's positions; don't wait until ball is hit
- n Watch 3rd base coaches signs
- n Look for defensive and pitching tendencies in general
- n Encourage the hitter


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With a Runner Coming to First

- n Watch Ball: you are the runner's eyes!
- n On a close play, move down line
- n IF Grounder; circle arm, yell, "run through," "hit the bag"
- n Ball through: circle left arm, point with right, yell, "take a turn," "round it"
- n Deep ball: circle, point to 2, yell "take 2," "pick up coach"
- n Bad throw; throw arms down yell "slide" or "hit it"
- n On overthrows, know where catcher is


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With Runner on First

- n Job is to help runner advance
- n Be alert to pickoffs, esp. when rounding
- n Remind runner:
 - n Get sign: # of outs, freeze on a line drive, go to 2 on a grounder, ½ way of fly ball, tag on a foul ball
 - n Check position of IF and OF
 - n Keep your eyes on the Pitcher


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Miscellaneous 1B Thoughts

- n Tag on foul balls with runner on 3rd
- n Going half way, esp. on ball to LF


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When the Runner Leads Off

- n Study pitcher
- n Give verbal help to runner
- n Remind runner to stay on base until he knows where the ball is

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With Runner on Second Only or First and Second

- n Help the runner know where middle infielders are
- n If 1B is playing back, be sure to watch him and warn runner

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Always Time


- n Carry a stopwatch
- n Time pitcher's deliveries to the plate; keep track.

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COACHING THIRD BASE

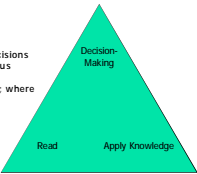
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Getting the Runner to 3rd

- n Begins with knowledge of the Tactical Triangle

Tactical skills include: decisions players make to use various technical skills in certain situations; plays they use; where they position themselves.




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Going from 1st to 3rd

- n READING THE PLAY
 - n arm strength
 - n how fast was the ball hit (ground, line drive)
 - n which hand does the OF throw with?
 - n direction of the ball
- n DECISION MAKING
 - n GO or NO GO? When foot hits second base.


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Coach Responsibilities with Runner on 2nd

- n Coach should consider where the runner is when the fielder first touches the ball
 - n If runner is approaching third – hold
 - n If runner is on 3B – send fast runners
 - n If runner has rounded 3B – send average or slow runners only


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Send 'em!!

- n When ball is down either line
- n When ball is hit softly and OF is in "no doubles" depth
- n If LF is lefty and is angling toward line
- n LF is righty and angling toward CF
- n Ball hit directly to CF and he is upright
- n CF moving to his right but upright
- n RF moving to either side (need help here)
- n Hit and Run – just go like hell


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Hold 'em


- n OF is down in fielding position on ball right at him
- n OF is shallow and ball is hit hard
- n LF is angling toward line (RH)
- n CF is moving to right and is down
- n If there it will be close and it will be the first out.

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Reminders at 3B

- n Walking vs. shuffle lead
- n Landing on right foot
- n Fair vs. foul
- n When to tag; when to go ½ way
- n 9 ways to score from third



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Drills/Games

- n See White: Flight!
- n Bobble and Go
- n Hit and Run
- n Cut 'em Down
- n Situations