

Advanced Base Running
With Greg Frady
Georgia State University Baseball

- 1. Aggressive Philosophy**
 - a. Two most important stats**
 - b. Commitment to Group practice**
 - c. Teach percentage base running**
 - d. Recognize individuals in game play**
 - e. Work on individual plays that will happen at your level**
 - f. Work on Sprinting**

- 2. General Base Running Teachings**
 - a. Infield fly rule**
 - b. Proper footwork coming out of the batters box**
 - c. Know where the ball is all the time**
 - d. Hit front inside corner of all bags**
 - e. Lean in tight on all turns**
 - f. Look for coaches**
 - g. Let base coaches extend leads**
 - h. Check positioning of Outfielders**
 - I. Work on staying square to infield with hips**
 - J. Runner reads throw to take extra base**
 - K. Set up BP with intentions of working on base running**
 - L. Trail runner always mirrors lead running**

- 3. Runner on 1st base**
 - a. Straight steal with RHP and LHP picks**
 - b. Secondary lead**
 - c. Delay steal**
 - d. Ball in dirt read**
 - e. Fly ball hit to Outfield**
 - f. Cross ground ball on Double Play chance**
 - g. Think 1st to 3rd**

4. **Runner on 2nd base**
 - a. **Work on signs and location for hitter**
 - b. **Work on extended lead**
 - c. **Runner makes decisions for both runners**
 - d. **Less than 2 out leads and 2 out leads**
 - e. **Two out ground ball to 3rd basemen with runner also on 3rd base**
 - f. **With runner also on 3rd have sign in place to go on contact**
 - g. **When to tag with 0 outs and 1 out**

5. **Runner on 3rd base**
 - a. **Approaching 3rd base touch bag and slide up**
 - b. **Foot work on secondary leads**
 - c. **Pickoffs at 1st slide up**
 - d. **Runner picked off at 1st or throw to 2nd base slide up and again**
 - e. **Half way on short fly ball between Outfield and Infield**
 - f. **Tag on all foul balls**
 - g. **Proper position when tagging up**
 - h. **Third basemen back with bunt opportunity with 2 outs**
 - i. **Runners on 1st and 3rd, fake bunt with straight steal**
 - j. **Runners on 1st and 3rd, push bunt to 1st base to score and advance**

6. **Overall thoughts**
 - a. **Use three runners at a time to practice**
 - b. **Load the bases and hit line drives for reads**
 - c. **Rule of thumb for coaches to advance runners; when outfield has ball before runner reaches base you shouldn't advance**
 - d. **Stay aggressive**
 - e. **Encourage players to be smart but daring**
 - f. **Don't just run back to base, look for scoring opportunities**