

## Base Running Tips

Good base running is just for fast boys, right? **Wrong.**

You do not have to possess great speed to be a good base runner. Good base running comes under the category of paying attention to details. Many games are won and lost on the base paths. Let's look at some base running responsibilities, those little things. Speed is nice but not a mandatory talent for effective base running. A good base runner should know his limitations and should be aggressive within those limits, but he should exercise good judgment. Base runners should know the game situation and what their run represents. They should not be satisfied with one base and should always THINK a base ahead.

A base runner should be aware while he is on base, of game-related details:

- How many outs?
- Is there a runner ahead of me?
- Where are the outfielders?
- Where are the infielders?
- What is the score?
- Is the infield dirt hard or soft?
- Does the pitcher have a tendency to throw pitches in the dirt?
- Does this team use special or trick defensive plays?
- Did the coach give me a sign?
- Does their catcher have a good arm and is he accurate?

Practice your leads, sliding, rounding bases, taking the extra base, hit and runs, stealing, 2 out leads, breaking up a double play and diving back to bases. Don't underestimate the importance of good base running.