

Home to 1st

Batters can a) hit off a tee, b) bunt , or c) swing the bat and then run to first. Runners must make eye contact 1st base coach. The 1st base coach can have the kids run through the bag making a slight turn towards foul territory.

The 1st base coach can also have the kids round the bag and simulate watching the play unfold in front of them. We want teach them to watch for over throws or bobbled balls that might give them a chance to get to 2nd base.

After completing a perfect run to first, the runners stay behind the 1st coach waiting for the rest of the team to finish and for the next base running series. From here you can practice the 1st to 3rd drill