



Base Running

Base-running is what a player does after they've hit the ball and started to "run" around the bases. Players always run in a counterclockwise direction around the bases. Base-runners should only run as far toward the next base as they think they can go before being tagged with the ball by the defense. Base-runners must always wear a helmet to protect their head in case they are hit by a thrown or batted ball.

Running to first base

Skill Progression – Properly run to first base

Your Athlete Can	Never	Sometimes	Often
Stand at home plate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Assume proper Batting/ Hitting stance without a bat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Simulate a swing and run towards first base	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
At the 1 meter line (half way down the first base line, see diagram) athlete must run within the running lane	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Run through first base while tagging the orange base	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Totals			

Teaching Points – Properly run to first base

1. Demonstrate running to first base.
2. Hold athlete's hand and run with the athlete to first base.
3. Have athlete run to first base as fast as possible.
4. Have athlete run beyond first base to avoid slowing down too early.
5. Practice running to the right of first base after tagging it, while staying in foul territory.
6. Explain the reason for running into foul territory after touching first base (i.e., stay safe at first).



Special Olympics Softball Coaching Guide

Teaching Softball Skills



Faults & Fixes Chart – Properly run to first base

Error	Correction	Drill Reference
Athlete runs through first base while tagging the white base.	Identify the incorrect action and demonstrate the correct base to tag	No Drill References just demonstration of proper form and athlete can mimic
Athlete runs outside of the 1 meter line.	Identify the incorrect action and demonstrate the the proper area the athlete is allowed to run in	No Drill References just demonstration of proper form and athlete can mimic
Athlete runs in the wrong direction (towards third base.	Identify the incorrect action and demonstrate the correct direction the athlete must run	No Drill References just demonstration of proper form and athlete can mimic



Run around the bases

Skill Progression – Run around the bases

Your Athlete Can	Never	Sometimes	Often
Identify the bases	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stand at home plate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Assume proper Batting/ Hitting stance without a bat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Simulate a swing and run towards first base	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Run to first base and tag the inside corner of base with foot without breaking stride	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Continue running to second, then third base, making sure each base is touched on the inside corner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Run through and step on home plate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Totals			

Teaching Points – Run around the bases

1. Practice rounding first base toward second base.
2. Explain the reason for rounding first base (i.e., in case there is a chance to reach second base before the fielder can get ball there).
3. Discuss the importance of good base running.
4. Walk athlete around bases in correct order, touching each base. Have athlete run around bases by himself/herself.
5. Emphasize that a runner cannot run more than 1 meter from a direct line between bases to avoid being tagged out.
6. Demonstrate the method of the wide approach to each base (on an extra base hit) in order to cut down the angle of the turn.





Running to first base *after* Batting/Hitting the ball

Skill Progression – Correctly run to first base after Batting/Hitting the ball

Your Athlete Can	Never	Sometimes	Often
Assume correct batting/ hitting stance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swing bat and hit ball into fair territory	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drop bat (do not throw it)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Run to first base (as fast as possible)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Run past first base after tagging it	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Either bear off into foul territory to stay safe at first, or round first toward second if there is a chance for extra bases	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Totals			

Teaching Points – Correctly run to first base after Batting/Hitting the ball

1. Demonstrate batting/ hitting the ball, dropping the bat and running to first base.
2. Emphasize safety importance of dropping the bat in a game-like situation; penalize players for throwing a bat.
3. Once ball is hit, instruct the athlete to listen or watch for coaches’ signals or directions.

Faults & Fixes Chart – Correctly run to first base after Batting/Hitting the ball

Error	Correction	Drill Reference
Athlete throws the bat, instead of dropping it.	Identify the incorrect action and demonstrate the correct way to release the bat	Baserunning
Athlete stops at first base without running through.	Identify the incorrect action and demonstrate the correct way to run the base and under what circumstances you would run through the base	Baserunning



Base Runner

Skill Progression – Base Runner

Your Athlete Can	Never	Sometimes	Often
Maintain contact with base until the ball is hit or crosses home plate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If ball is hit, may advance to next base	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Totals			



Tag up on fly ball

Skill Progression – Tag up on fly ball

Your Athlete Can	Never	Sometimes	Often
Maintain position on base	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Watch teammate bat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If teammate hits fly ball with less than two outs, stay on base	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Watch fly ball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have foot on base when ball is caught	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Listen to the first or third base coach for directions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Run to next base (when possible) before the fielder's throw gets there	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Totals			

Teaching Points – Tag up on fly ball

1. Demonstrate tagging up technique.
2. Explain the reasons for tagging up.





Demonstrate knowledge of base running rules and strategy

Skill Progression – Demonstrate knowledge of base running rules and strategy

Your Athlete Can	Never	Sometimes	Often
Understand one player is on a base at one time. (First player to it is entitled to stay, other player must move back one base or be put out)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Run within base paths	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do not pass teammates on base paths	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avoid being struck by ball hit by teammate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Advance to next base without interfering with the fielders	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyone runs when there are two, outs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Understand there is no leading off, or stealing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Totals			

Teaching Points – Demonstrate knowledge of base running rules and strategy

1. Practice variety of game situations on base paths.
2. Explain reasons for base running rules.
3. Emphasize the importance of thinking while on the bases and the need to listen to the base coaches.
4. Emphasize that a runner cannot run more than 1 meter from a direct line between bases to avoid being tagged out.