



West Bend “Warriors” Youth Baseball



GO WARRIORS!

BASE RUNNING AND SLIDING

1. Never stop on first base, always run through and get in the habit of running to the outfield grass on infield ground balls. Turn toward foul territory. Listen for your base coach.
2. On balls hit to the outfield, work on hard aggressive turns around the base. (Rounding the base). Touch the inside part of the base when rounding. (either foot is fine) Listen for your coach.
3. Use the base as leverage when tagging up. Listen for your base coach.
4. When standing on a base get in the habit of looking where the outfielders are playing.
5. Important to try to find the baseball and take an extra base if you can. Listen for your coach
6. When going from 1st base to 3rd base need to pick up the coach halfway between 1st and 2nd base if the ball is not in front of you.
7. Know how many outs and always hustling as hard as you can when we have two outs. Less than two outs review the situation in your head and LISTEN FOR YOUR COACH.
8. Always SLIDE when you can and on your rear with your hands up.
9. When sliding, should be a bent leg slide (try to make a number 4 with your legs)
10. On throws coming in from the outfield look at the height of the throw, high trajectory throws are going home and will miss the cut. You should move up a base when that opportunity exists.