

STILLWATER BASEBALL

2016

BASERUNNING PLAN



Stillwater Offensive Philosophy:

- We will take what the defense gives us. We will have a great approach at the plate, we will be on Time. We are an Offensive Base-running Team, we will be very aggressive on the bases. We will be able to bunt for Base Hits as well as move runners. We will lead the country in Doubles, BHB's, and Hit By Pitch. We will play for the Team.
- Our goal is to put pressure on the pitcher and create movement in the defense. We do this by seeing and relaying signs. We fake steal almost every play, this sets up our delay steal and we want to steal the base if the numbers or time allows.

BASE RUNNING GROUPS

- **Green Runner**- this group can DO IT, they can steal or they trust the reads and WILL GO.
- **Yellow Runner**- this group will act like they are going to steal, they help set up the Green Runners. They will only run on a ground ball read. This group may not be as fast or may not trust it yet, so this makes them a Yellow Runner.
- **Red Runner**- this group can't run or just isn't good at it- he will not get picked. He will get in a shorter lead a lot and try to relay signs.

LEADS

- We try to mix up our leads for each Lead set. We have a standard way we get each lead but we also allow Green and Yellow runners to get different lead styles.
- If you were to watch us take leads we will take several different leads, we will fake steal a lot. We are very aggressive and try to make the pitcher deal with us. We also will relay pitches every time in the shorter leads.

Lead at 1B

- 1ST Base-
New - Scissors, turn, 3, 4--- 8 feet
Stealing in New School momentum
- Old - Right, left, turn, shuffle, shuffle---12 feet
Straight Steal, Delay Steal, Early/Balk Steal
- Little - Scissors, turn, 3--- 6 feet
Fake Steal
- vs LHP - Right, Left, turn: on Pitchers leg lift- we will jab step shuffle, then when Pitchers left shoulder turns to the plate. We then get in our secondary lead.

Lead at 2B

- 2nd Base- Mo - Right, left, right, left, turn, shuffle,
shuffle--- 18 feet
Stealing third base.
- Old - Right, left, turn, shuffle, shuffle—12 feet
Fake Steal

Secondary Lead

- Secondary - we try to time our secondary lead so that when we land the baseball is around the plate. For us it is a shuffle, shuffle, read (land on the balls of our feet)

TIMES AT 1B

- You need two different times at 1B:
- New School Lead- have the runner start with an 8 foot lead, have them take one jab step shuffle and go. They need to slide into 2B.
- Old School Lead- get at 12 feet- when we do this we have a pitcher either go home or pick at 1B. So they are doing a straight steal. By using a pitcher this allows the times to be more accurate

TIMES AT 2B

- You need one time at 2B:
- Mo Lead- start at 21 feet, we allow them to take one shuffle and GO. They need to slide into 3B.

NEW SCHOOL LEAD

- Start with a 8 foot lead- right, left, turn, replace your feet or scissors, turn, 3, 4
- Need to know Pitcher's timing- UCLA
- Peek in to see catcher's sign
- Get a controlled shuffle (hop)- your feet must be under your shoulders
- On your controlled shuffle, when you land- if the pitcher lifts his foot, you keep going.
- If the pitcher does not leg lift on shuffle, then get into a secondary lead
- If you know the pitcher's timing- get it and Go
- If you don't know the pitcher's timing- land on a letter, pick the same letter everytime
- Trust the read

DRILL SET FOR NEW SCHOOL

- **Eyes Closed Lead-** to make sure you get the correct lead.
- **Controlled Shuffle-** for time purposes we don't get a lead on this. They get 3-4 controlled shuffles. We clap or say go 3-4 times. A controlled shuffle is a shuffle where when your feet hit the ground you can go either direction. You should NOT be leaning toward 2B.
- **Dive back-** crossover dive/fall When Pitcher picks, Runner will crossover (lead with right foot crossing over) and dive back or fall back (as some will say) to 1B.

This part is simple but must be done, I didn't do this last year and the players had doubts about getting back. The base running guy from Dayton University told me I really need to teach this at the beginning. So when I came back from the ABCA we did it every day for 3 weeks and he was right. For some reason this makes them know they can get back safely.

DRILL SET FOR NEW SCHOOL

- **UCLA-** this is silly but I will clap my hands saying U, C, L, A and have the boys say this along with me. We do this so we can all try to have the same rhythm.
-) **Call SET-** You will need a coach be a pitcher, have the P come set in several different ways. When the P comes set the boys will need say “SET”. This will help them to get focused on the Pitcher. Our guys look at which ever elbow they can see clear, the back elbow is usually seen well.

DRILL SET FOR NEW SCHOOL

- **Land on a Letter-** Coach you pick a letter (UCLA) and have the runners try to land on the letter (they should all be using the same letter). They want their left foot to land as they say the letter. They should talk loud enough where the coach or players close by can hear them. If they hit the letter then they steal and keep going for a few steps. If they do not hit the letter, they get in a Secondary Lead.
- **Use Pitcher-** Now we will put it all into practice. Use a P and have the P go on the same letter that they know as well. So we believe that if we can get the right lead, use a controlled shuffle, able to see P get Set, then all they have to do is Land on the Letter. If you don't land on the letter, we need to get a secondary lead.

MO LEADS

- Start at an 18 foot lead
- If you get to 24 foot on Leg lift- you keep going (know the number of looks is very important)
- We work hard on trying to find ways to gain ground and get to 21 feet to help us get to 24 feet.
- We believe if we get to 21 and we know the Pitchers looks then we will shuffle when the hat bill turns. That will get us the 3 feet or more. We then will be able to steal the base.

MO LEADS

- Always get a straight lead toward 3B
- Always keep your eye on the Pitcher
- Trust your coach
- On “Back”--- get back quickly
- Try to get rhythm on number of Looks
- Know the total time at 3B and know your time- look at the board
- You are in scoring position so you must be 100% right
- Know what kind of lead you can get. Based on your time or speed
- TRUST THE READ!!!

DRILL SET FOR MO LEADS

- **21ft- 1 Look drill-** start runners at 21ft. You need to have a coach be a P (he will always be a 1 look guy and DO NOT PICK at this time). This drill teaches them to get their shuffle as the Pitchers hat bill turns to go home. So the pitcher will come set, do a 1 look and throw home.
- **Secondary Lead-** Get your 18ft lead, have the pitcher do a 1 Look and throw home. During this time we will not steal so they will never get to 24ft. So when the P goes home we start our Secondary lead-shuffle, shuffle, read (land on the ball of our feet). We are not stealing, just working on our secondary lead.

MOMENTUM LEADS TERMOLNOLGY

- **Sit-** stop, don't move or gain ground- SS/2B is getting close
- **Add-** add one step or shuffle (add one on each "ADD" by the coach)
- **Back 1-** take one step back
- **Good-** try to add 3 feet
- **BACK-** Get back to the bag NOW, SS/2B is breaking to the bag

MOMENTUM LEADS TERMOLNOLGY

- **Clear/See it/OK-** No hold by SS/2B, walking lead then GO
- **Feel him-** SS is playing inside the R@2B, so take two steps or shuffles back toward second base
- **“Know how many outs” “You got second I got SS”-** get three feet or one shuffle and GO
- **“Be Safe” “Be Careful”-** Momentum lead is OFF on this play

OTHER WAYS WE STEAL OR CREATE MOVEMENT

- Delay Steal- catcher throws from his knees, or middle infield does not cover 2B, or both.
- Early/Balk Steal- Certain times we will leave “early” or 1st & 3rd play
- Early at 3B
- Little League at 2B- try to catch them not paying attention you the runner at 2B
- Fake Steal at 1B and 2B- to create movement, this gets old to Teams.
- We also like to, H/R, bunt/R, Squeeze and Steal (2B), Slash/fake steal

Thank you for your time

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