

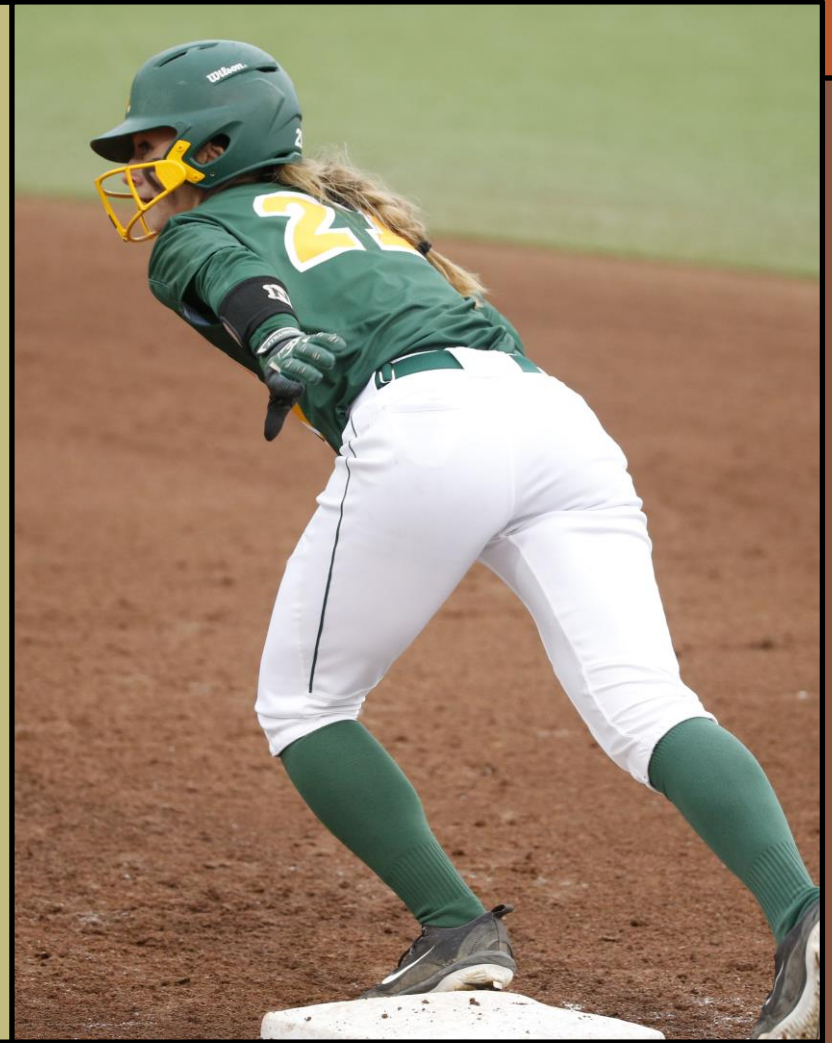


# FREE 60'S: EFFECTIVE BASE-RUNNING MECHANICS & DRILLS

Ashley Schilling  
North Dakota State University

# MECHANICS

The Dynamic First Step



# Different Lead Offs



Left Foot on Bag, Right  
Foot Back



Right Foot Forward, Left  
Foot on Bag



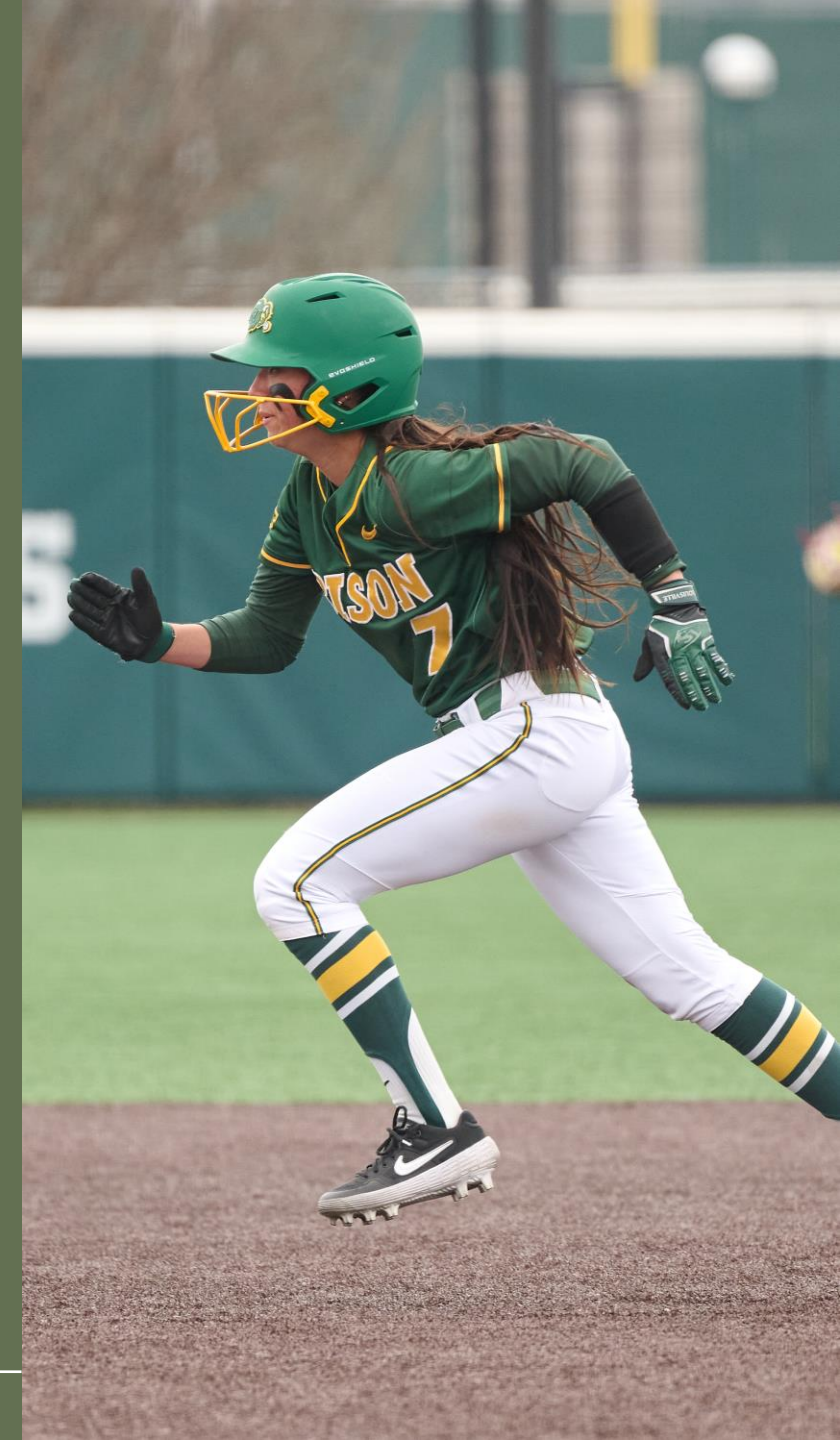
Left Foot Forward, Right  
Foot on Bag

Which one do you believe to  
be the most efficient?



DR. LUND'S STEAL EXPERIMENT:  
D1 ATHLETES FROM TWO TEAMS AFTER ONE  
INSTRUCTIONAL SESSION ON A DYNAMIC START:

Time	Foot Forward ("track start")	Foot Behind Static "Rocker"	Foot Behind Dynamic
5 m. spit	<b>.94</b>	<b>.83</b>	<b>.81</b>
10 m. split	1.89	1.89	1.88
18.3 m. split	2.81	2.67	2.65



## WHOLE-PART-WHOLE – WHAT IT LOOKS LIKE:



Image courtesy of Wasserman Strength



# Run Production & Expectancy

- ❖ Run expectancy in a base state – NO ONE ON, NO ONE OUT = .481
- ❖ Leadoff batter gets on...run expectancy goes up to .859
- ❖ Stealing a base OR reading a pitch and gaining 60 feet successfully...
  - ❖ Run expectancy rises to 1.100 (+0.241)
  - ❖ If thrown out, run expectancy drops to 0.254(-0.605)

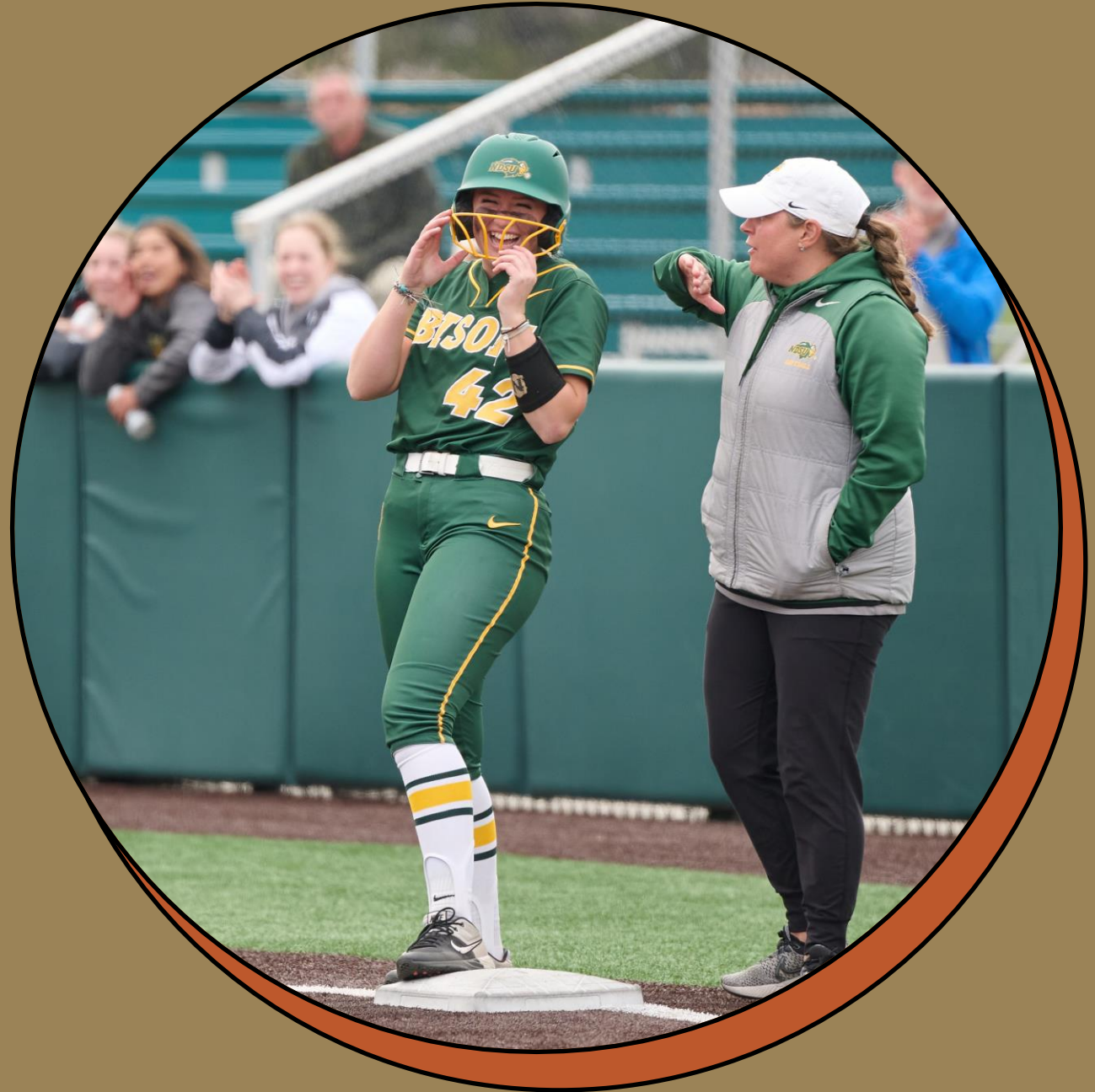
**We want to be safe 2-3 times for every time we are thrown out to contribute towards a positive run production!! Safe 75% of the time!!**



BASE  
&  
BALL



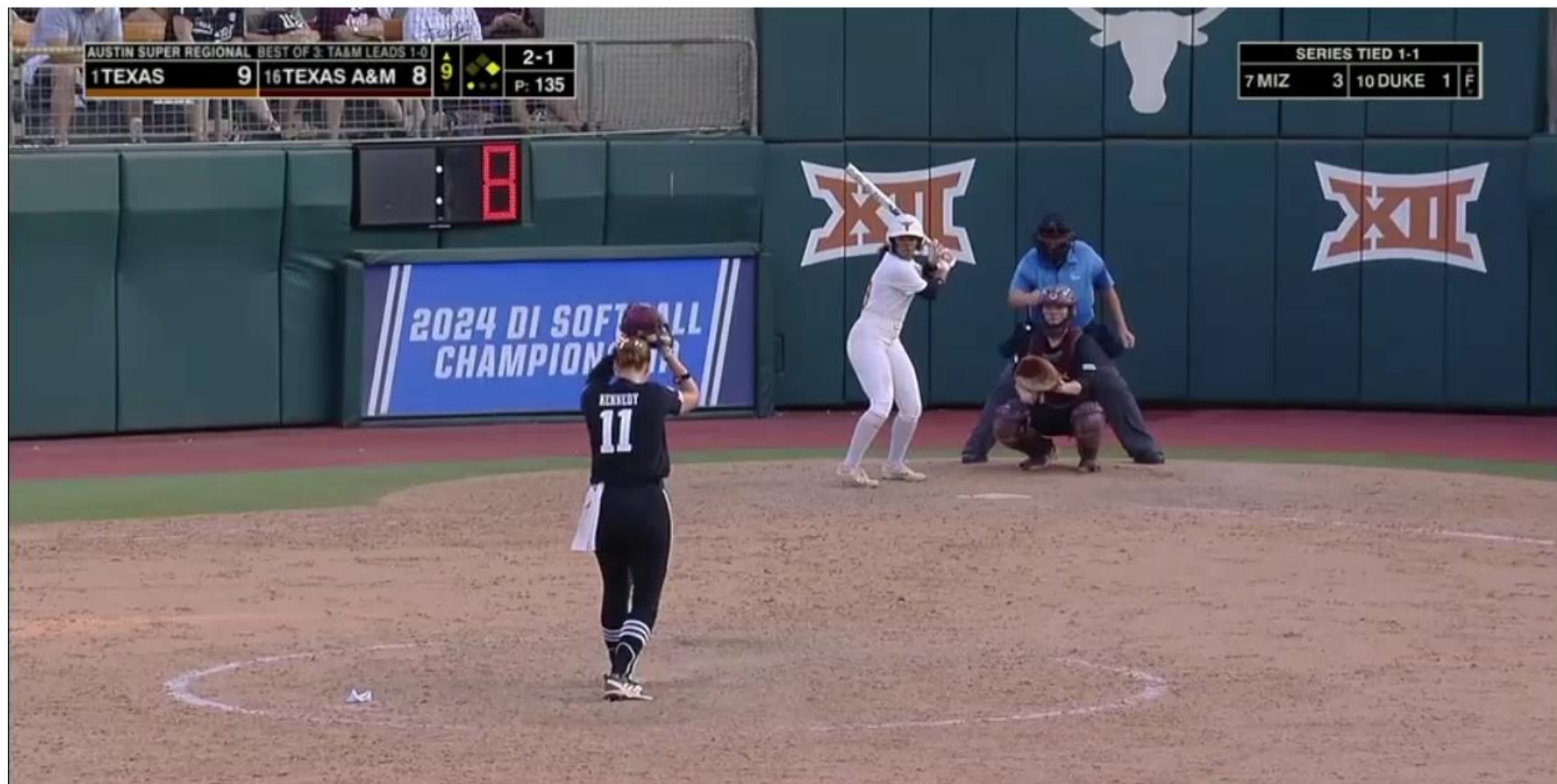
RUNNER  
ON 1<sup>ST</sup>



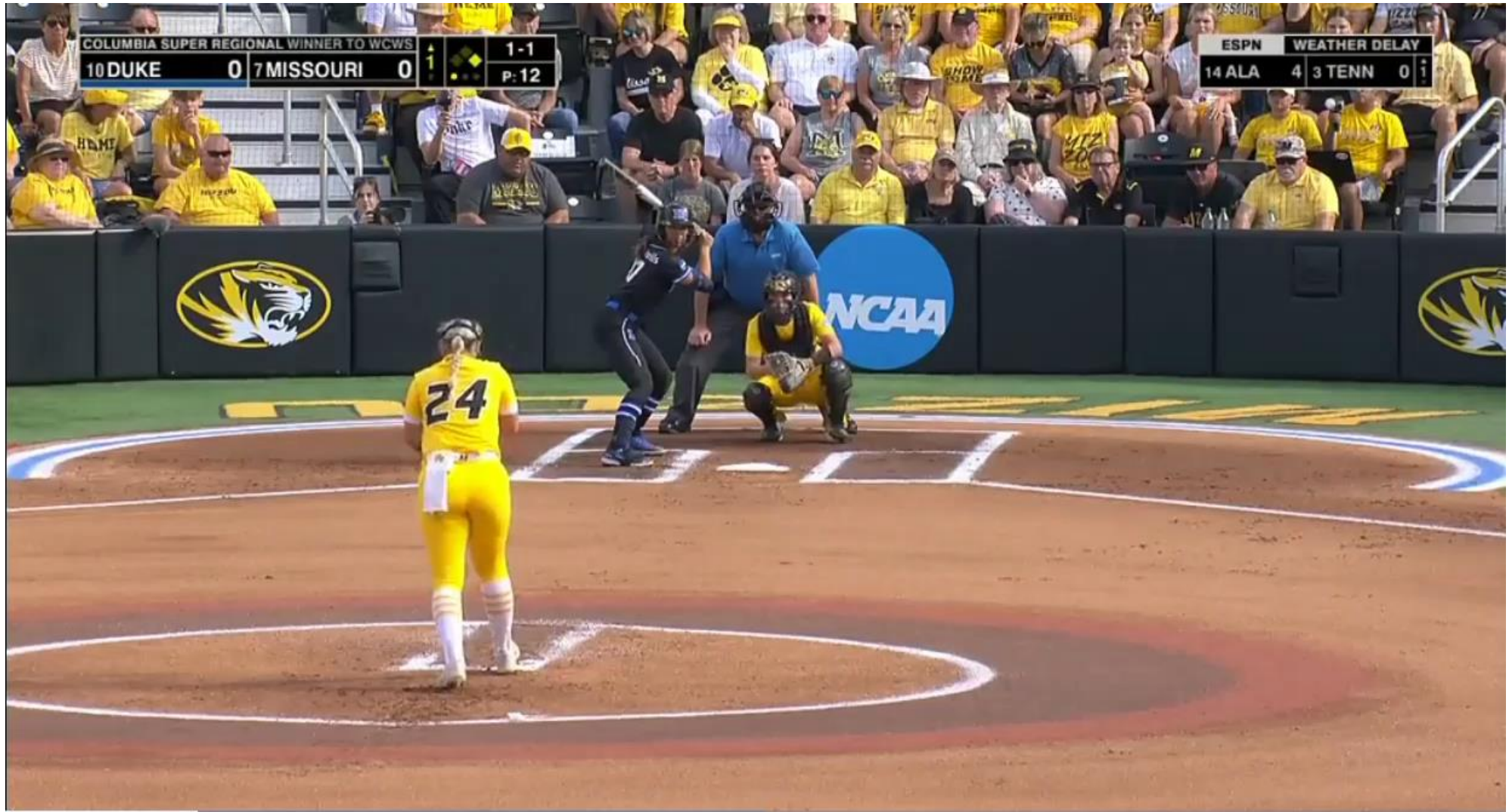














DURHAM REGIONAL (DUKE 2-0, SC 2-1)					1-2	
10 DUKE	9	S CAROLINA	1	7	P: 23	

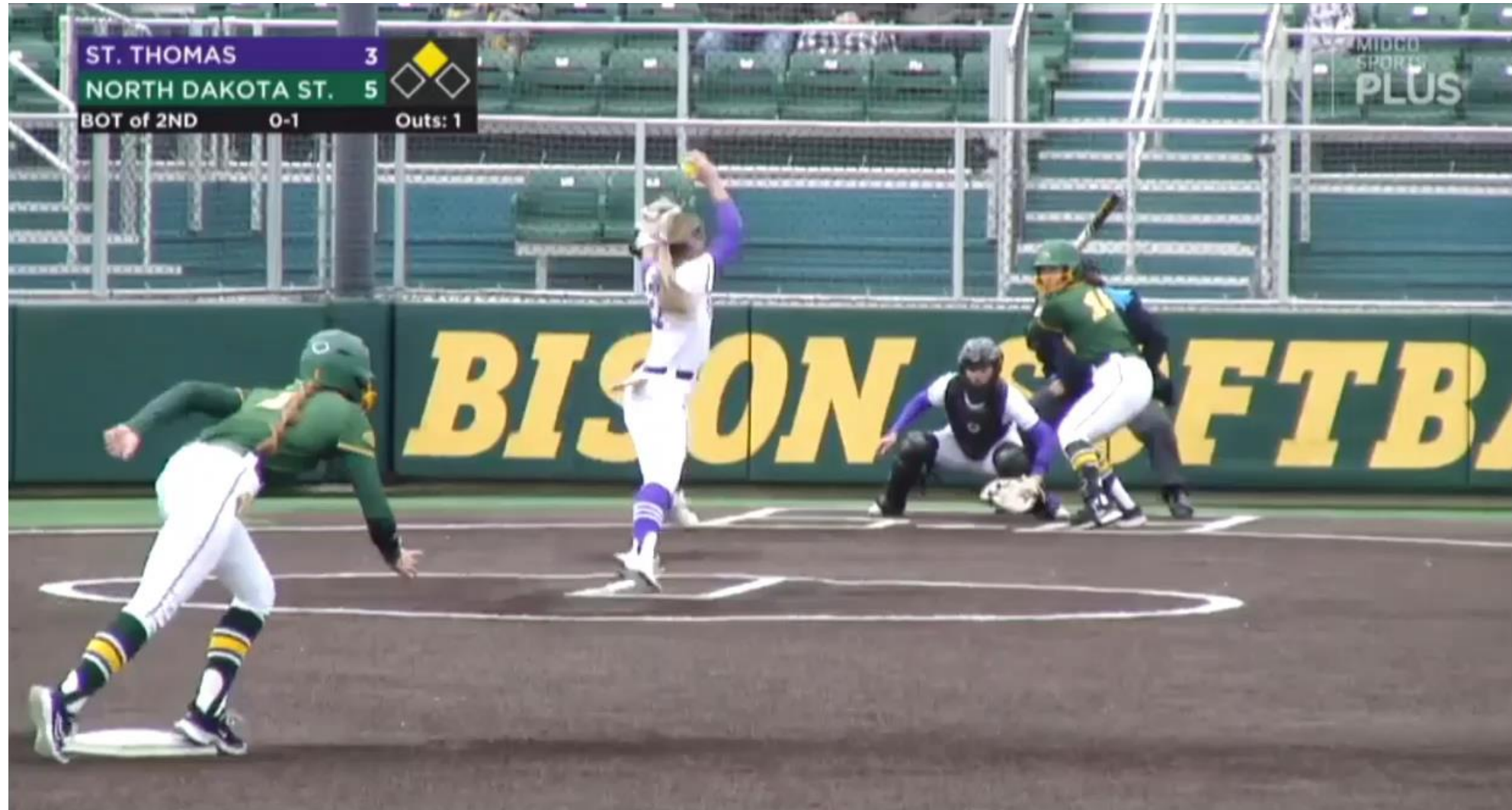
OKST TO SUPERS			
5 OKST	4 MICH	1	F



RUNNER  
ON 2<sup>ND</sup>





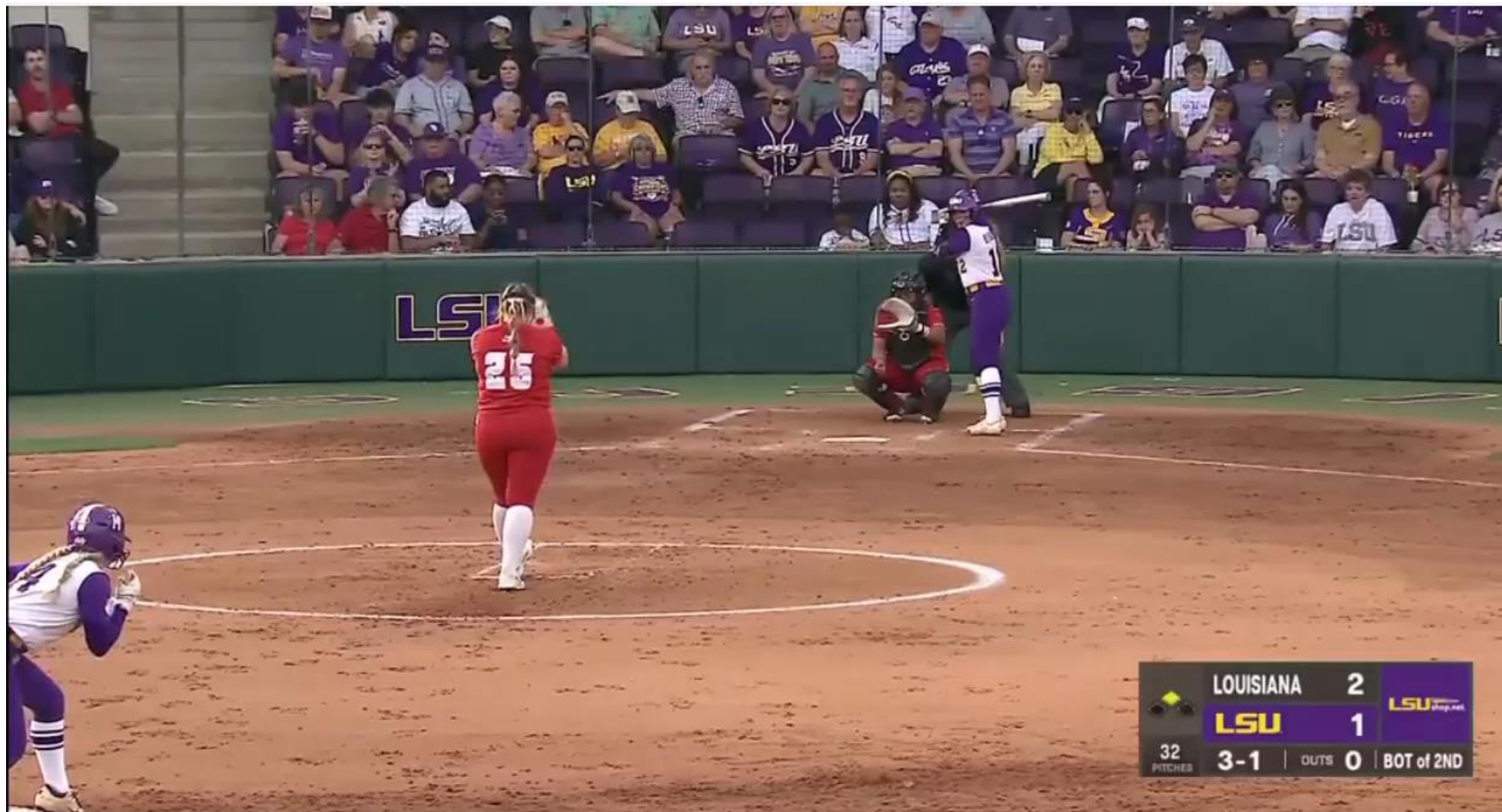




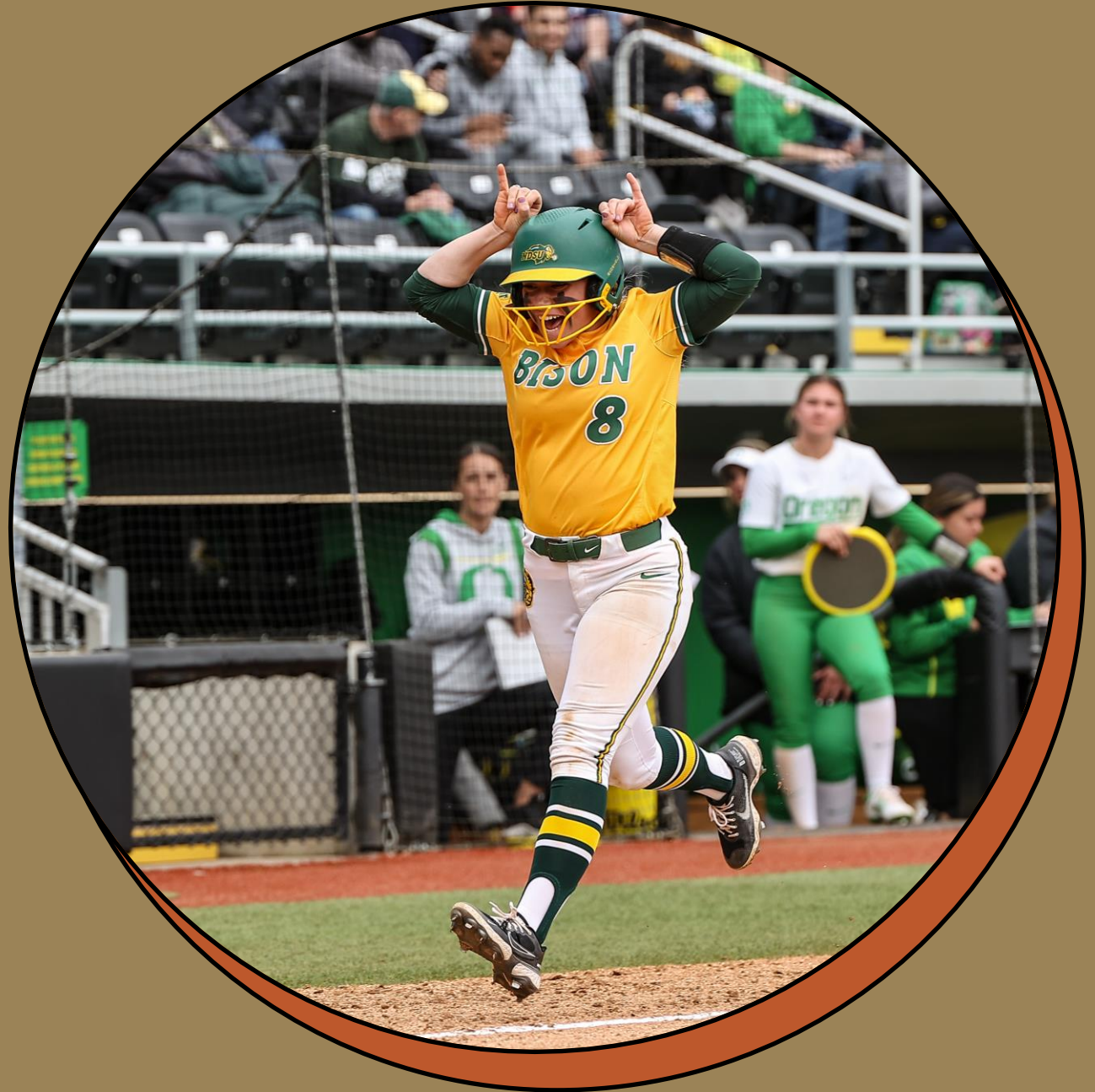








# MULTIPLE RUNNERS











BATON ROUGE REGIONAL - OPENING ROUND			
JACKSON ST	0	9LSU	1
		1-1	P: 19

ESPN+			
LIB	6	CLT	3
		7	



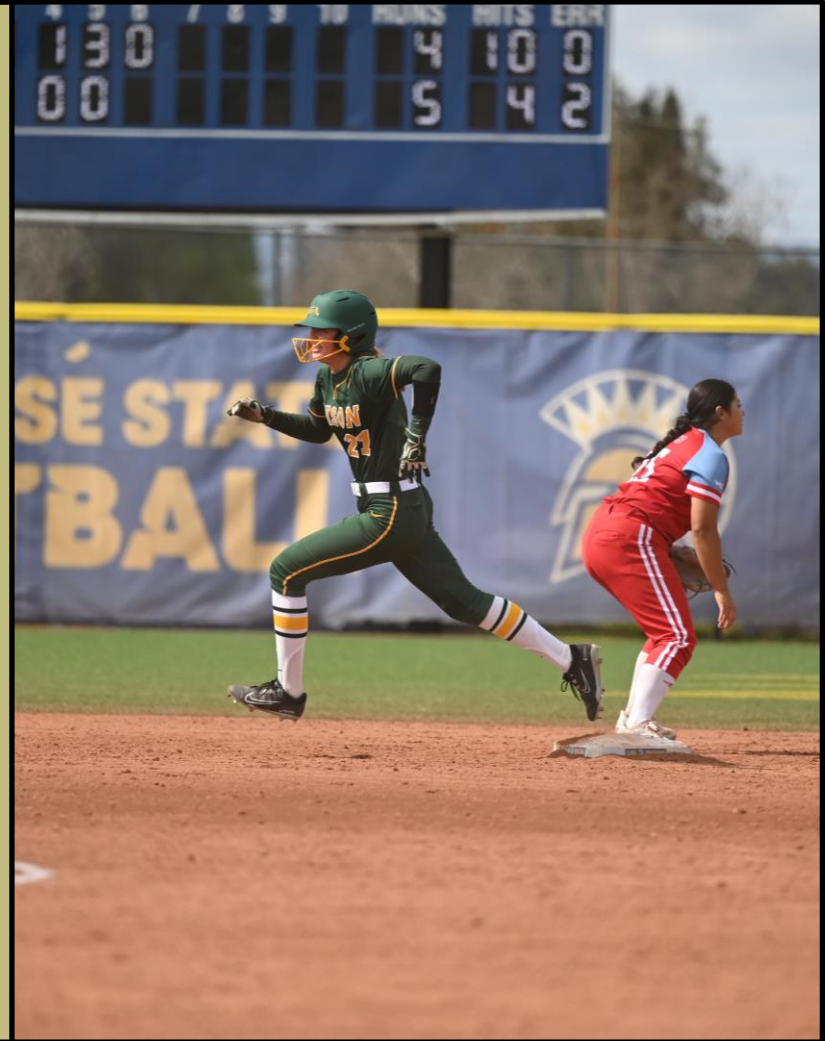






# DRILLS

All drills that take 5-15 min at practice!



# Circle Running

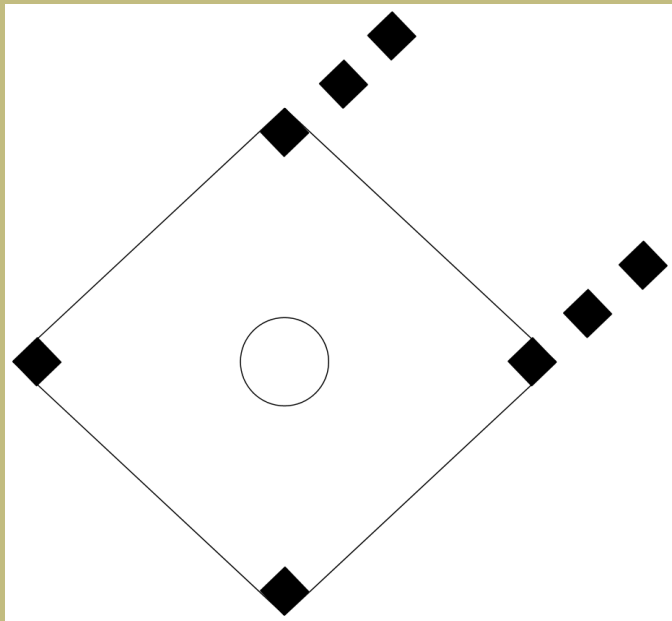
As easy & hard as it sounds...



This video is from Steve B Stein –  
Performance Coach in Chicago

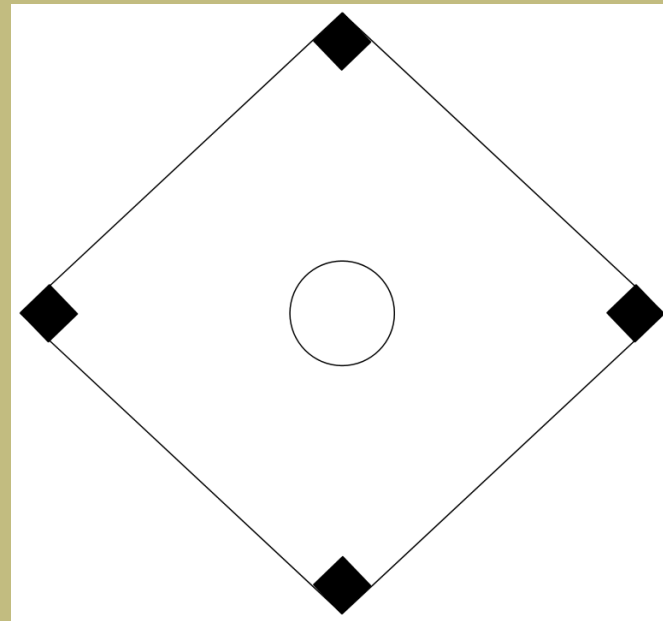
# Lead-offs & Steals

First to Second



# Lead-off's & Decisions

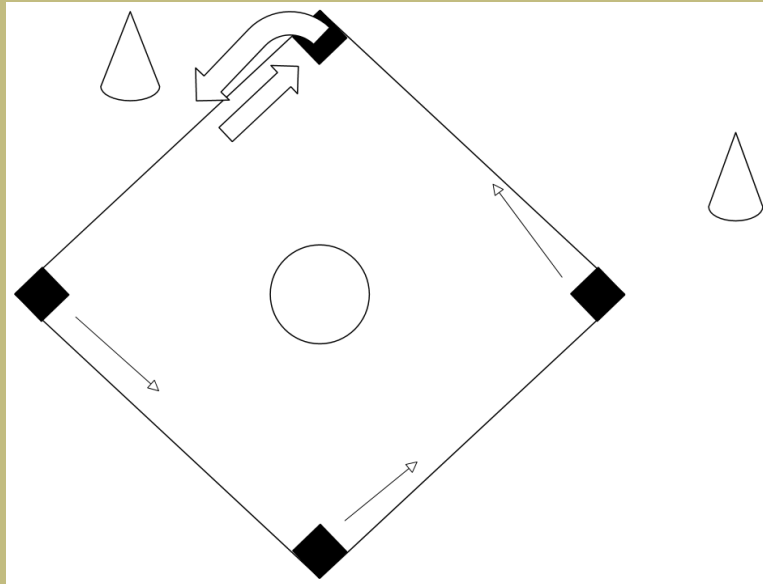
One Runner at first and second



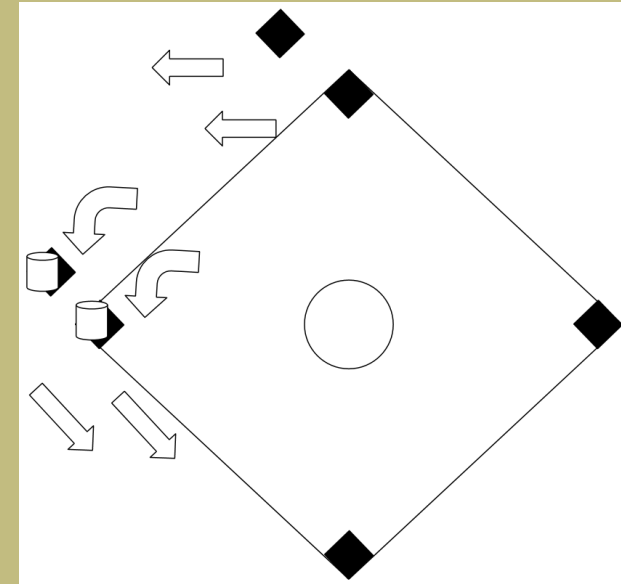


# MORE DRILLS

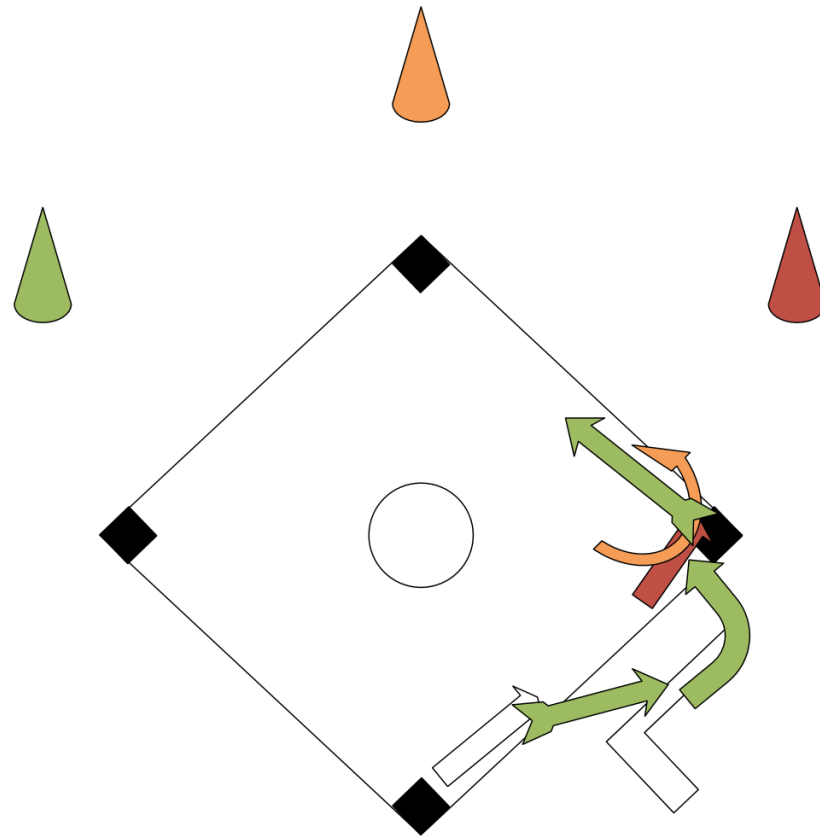
Multi-Bag Base-Running



Double Bag Doubles

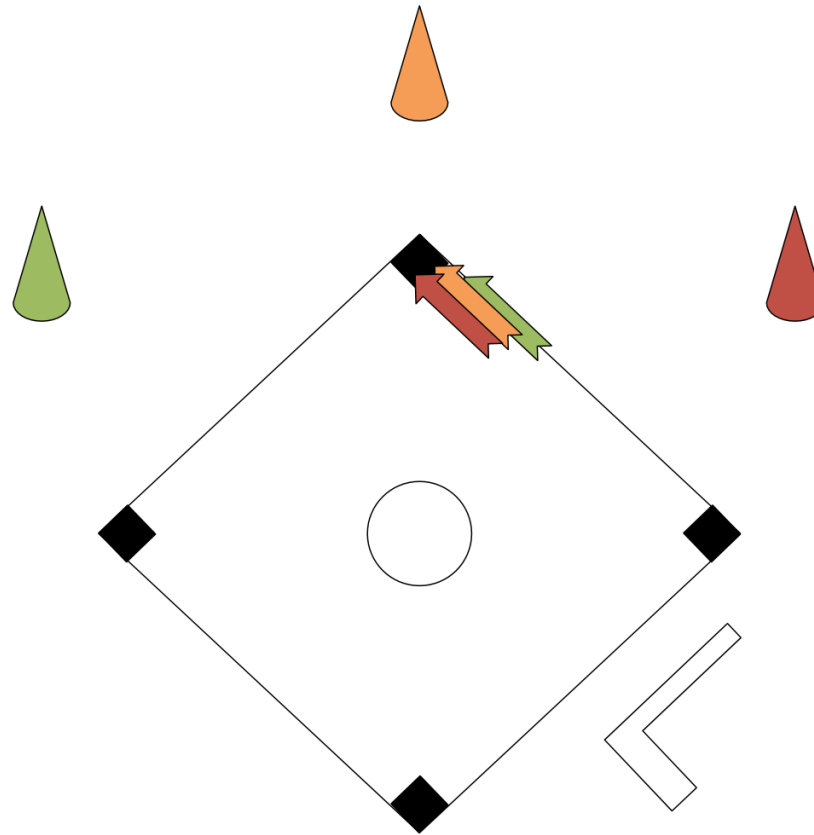


# Nobody On: Single to the Outfield



# Which Side to Slide in?

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THANK  
YOU!

QUESTIONS?  
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