

1st Base Coaching Duties

Coaching 1st base is as important as playing 1st base. I respect the player who has the ability to be a successful 1st base coach. When you are there you are a *coach* in every sense of the word. I expect you to be knowledgeable and behave in a sportsman like manner at all times. You are the second pair of eyes for the baserunner.

With no runners on base: Stay focused at all times!

1. Check the catcher to see whether he is giving away his signs.
2. Watch the pitcher's wind-up and grip, if possible, to see whether he is tipping off his pitches.
3. Check the position of the fielders (outfielders, in particular) so that you can help the runner once the ball is in play.
4. Watch the 3rd base coach's signs to know what he is calling as well as to practice reading the signs for himself.
5. Look for tendencies of the pitcher and the defense in general for use against them later in the game or the season.
6. Encourage the hitter.

With runner coming to 1st: You must watch the ball.

1. On an infield ground ball with a play at 1st, circle the left arm while yelling "Through the bag!"
2. On a ball hit into the outfield in front of an outfielder, circle the left arm and point the right hand to 1st base while yelling, "Take a turn!"
3. On a ball hit into the gap for extra bases, circle the left arm and point the right arm at second while yelling "Go for two...Pick him up!" (which informs the runner to look at the 3rd base coach for assistance).
4. On a throw to 1st that pulls the 1st baseman toward home plate, thrust both arms downward in a swiping motion while yelling, "Get down!"
5. On overthrows to 1st, determine whether the catcher is backing up the throw and recall the ground rules, then decide whether or not to send the runner to 2nd or have him retreat to 1st.

With a runner rounding 1st: The coach's job is to help him around the bases.

1. Be aware of pick-off throws from cutoff men.
2. Be aware of the back door on hits in front of outfielders (Quick throws from right or from the middle infielders)

Once the runner is safely at 1st: The coach must remind the runner of:

1. Find the ball, find the coach, get the sign.
2. Recall the # of outs and (a) freeze or come back on line drives; (b) break up two; (c) go 1/2 way on a fly ball to the outfield; and (d) tag up on any foul ball.
3. Check the position of the fielders, especially the outfield.
4. Watch the pitcher - don't get picked off. **Front shoulder** for righties, **front instep** for lefties, yelling, "Back!" at the 1st move to the base.
5. Read it low - you go.

NOTE: With a runner or runners on base all players and coaches will yell "BACK!" on all pick-off attempts.

As the runner leads off 1st: The coach must study the pitcher and give verbal help on pick-off attempts and verbal directions when the ball is put into play. He should remind the runner to stay on the base until he knows for sure where the ball is and when he is getting a sign from the 3rd base coach.