

PHHS Vikings Baseball  
Baserunning Checklist

Drill	Completed	Performance
<b>Home to 1B</b>		
1 Strike out		
2 Drop 3rd strike		
3 Ball four		
4 Through the bag (rules, when to slide, etc.)		
5 Aggressive turns...shuffles...back to 1st		
6 Aggressive turns...shuffles...go!		
<b>1B to ...(find ball, find coach, get sign)</b>		
7 One way/two way/secondary leads/going back		
8 Reads of pitchers/tells (righty and lefty)		
9 Lead with step sequence		
10 Belly lead		
11 Reads...trajectory of pitched ball/dirt		
12 Reads...bunted ball placement		
13 Delayed steal		
14 Early go		
15 Angle to 3B w/inside touch		
16 Run and hit with look back to catcher		
17 Read pitcher step to 3rd throw to 1st		
18 Reads on fly balls/outfielder position		
19 Bunt...take 2		
<b>2B to...</b>		
20 One way/two way/walking leads (jump)		
21 Lead with step sequence		
22 "Away" = 1 step		
23 Straight line/Belly leads		
24 Reads...trajectory of pitched ball/dirt		
25 Reads...bunted ball placement		
26 Reads on fly balls/outfielder position		
27 Angle to home		
28 Read pitcher leg over/spin to 2B		
29 Bunt...score from 2B		
<b>3B to...</b>		
30 Walking leads in foul area, back in fair		
31 Read passed balls...away from catcher		
32 Reads...bunted ball placement		
33 Reads with runner on 1st vs. righty/lefty (nose)		
34 Safety squeeze with walking leads		
35 Suicide squeeze...point of no return/pop-up slide		
36 Tag plays...fair and foul balls		
37 Scoring...teammate reactions		
<b>Sliding: Head first, pop-up, hook, back-door flop</b>		

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**Other things to cover:**

38	Getting out of the box and dropping bat		
39	Running form		
40	Rules concerning running to 1st base		
41	How to tag the base when running through		
42	When to slide into 1st base		
43	How to make turn and go for extra bases		
44	Normal turn vs. big turn		
45	Getting jumps on steals/hit & runs, etc.		
46	When to expect help/when on your own		
47	Baserunning strategies (when to take chance, etc)		
48	Run-downs - What to do when caught off base		
49	Obstruction/interference rules		
50	Rule for staying in baseline		
51	Taking out infielders on double plays		
52	Infield fly rule.		
53	Line-drive rule		
54	Knowledge of OF/OF arms/OF positioning, etc.		
55	Awareness of spot in order/game situation, etc.		