

Offensive Tactics and Strategies

Fast Feet Drill/Game

Goal: To steal a base

Setup: The defense has a pitcher, catcher, first baseman, second baseman, and shortstop. The offense has a runner on first and a batter at the plate, but the batter does not swing.

Description: When the pitcher pitches, the runner on first takes off for second (adhere to your league rules in terms of taking leadoffs and leaving the bag). The catcher attempts to throw out the runner (see figure 9.1). Rotate runners until each runner gets three steal attempts, then rotate teams. Keep track of points—one point for each stolen base for the offense and one point for each player thrown out on defense. Rotate in groups of baserunners and keep a team score for each group.

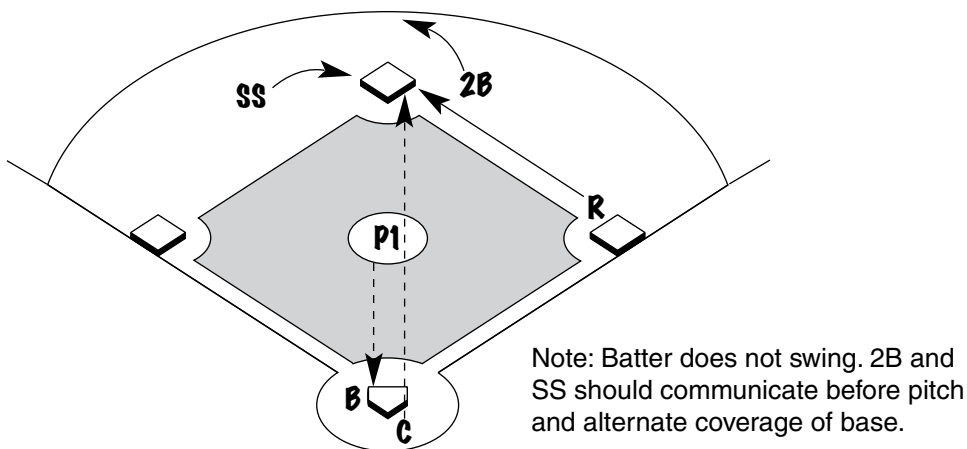


Figure 9.1 Fast Feet Drill/Game.

To make the game easier, do the following:

- Allow the runner a leadoff if none was granted earlier.
- Allow the runner to take off on the pitch if it was not allowed earlier.

To make the game harder, do the following:

- Don't allow leadoffs if they were allowed earlier.
- Don't allow the runner to take off on the pitch if that was allowed earlier. Instead, the runner must wait until the ball gets to the plate.

Multitasking: You can have players practice other team fundamentals using this drill. The pitcher can work on holding the runner on first base, and the middle infielders can practice communicating who covers (shortstop always determines), getting to the base as quickly as possible so that the catcher has a target to throw to, and straddling the bag properly to receive the throw.