



10U

Baserunning

10 Professional Drill Cards

Age-calibrated drills designed for player development at every level.
Free resource from Base9 Sports — Smarter Tools for Baseball & Softball

base9sports.com



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#01

Basic Leadoff Position

PLAYERS

6-12

TIME

10 minutes

EQUIPMENT

Bases, pitcher on mound

OBJECTIVE

- Learn safe leadoff distance from first base.

SETUP

- Runners at first. Pitcher holding ball on mound .

EXECUTION

- Runner takes leadoff using shuffle steps
- Recommended lead: appropriate leadoff distance (2-3 shuffle steps + dive)
- Stay in athletic stance, ready to react
- Pitcher throws over - runner dives back
- Practice getting back safely 10-12 times
- Find comfortable distance for each player
- Too far = picked off; too close = can't advance

COACHING POINTS

- Lead should let you get back safely
- Shuffle steps: left-right-left (for RH runner)
- Stay on balls of feet, ready to move
- Watch pitcher's first move
- At 46', pitcher is closer - be ready
- Safe lead beats no lead

MAKE IT A GAME

- Perfect Lead: Coach judges lead distance. Too far = out, too close = 0pts, perfect = 1pt. Best of 10!

#02

Rounding First Base

PLAYERS

6-12

TIME

10 minutes

EQUIPMENT

Bases, cones for running path

OBJECTIVE

- Master banana path around first base to take extra bases.

SETUP

- Bases set up. Cones mark running path outside baseline.

EXECUTION

- Run from home toward first base
- Start curving path before the base
- Touch inside corner of first base
- Continue rounding in banana curve
- Look toward second while rounding
- Practice running through vs rounding
- Each player 5-6 repetitions

COACHING POINTS

- Don't run straight then turn - curve it
- Touch inside corner with either foot
- Lean slightly into the turn
- Eyes look to second while rounding
- On the bases, good turns matter
- This prepares you for extra bases

MAKE IT A GAME

- Speed & Form: Time home to first with perfect round. Fastest with good form wins!

#03

Reading The Pitcher

PLAYERS

8-12

TIME

12 minutes

EQUIPMENT

Bases, pitcher on mound

OBJECTIVE

- Learn to read pitcher's first move - to plate or to base.

SETUP

- Runners on first. Pitcher in stretch. Coach observes.

EXECUTION

- Runner takes lead
- Watch pitcher's first movement
- If pitcher throws to first = dive back immediately
- If pitcher delivers to plate = secondary lead or steal
- Practice 15-20 reads per runner
- Focus on quick recognition
- Discuss what gives away pitcher's move

COACHING POINTS

- Watch pitcher's shoulder, knee, head
- First move tells you what's happening
- Shoulder to plate = pitch; to first = pickoff
- React instantly to first move
- At 46', everything happens fast
- Good reads = safe runner

MAKE IT A GAME

- Read & React: Correct reaction = 1pt. Wrong = 0pts. First to 15 points wins!

#04

Tagging Up On Fly Balls

PLAYERS

8-12

TIME

12 minutes

EQUIPMENT

Balls, gloves, bases, outfielders

OBJECTIVE

- Learn when and how to tag up and advance on fly balls.

SETUP

- Runners on second or third. Outfielders positioned. Coach hits flies.

EXECUTION

- Runner on base with foot touching bag
- Coach hits fly ball to outfield
- Runner watches catch while touching base
- When ball is caught, leave base and run
- Practice from second and third base
- Learn: deep fly = go, shallow = stay
- Each runner 6-8 tag-up attempts

COACHING POINTS

- Tag base with foot, watch catch
- Leave WHEN caught, not before
- Deep fly to outfield = likely can tag
- Shallow fly = probably stay (unless 2 outs)
- Listen to base coach for GO or STAY
- Tagging up scores runs

MAKE IT A GAME

- Tag Challenge: Runner vs outfield throw. Safe = runner point, out = fielder point. Best of 10!

#05

Stealing Second Base

PLAYERS

8-12

TIME

15 minutes

EQUIPMENT

Bases, pitcher, catcher, middle infie...

OBJECTIVE

- Learn basic steal technique and timing for second base.

SETUP

- Full setup: pitcher, catcher, runner on first, SS or 2B covering.

EXECUTION

- Runner takes normal lead
- On pitcher's first move to plate, break for second
- Crossover step with right foot toward second (RH runner)
- Sprint hard directly to second base
- Slide into base on inside of bag
- Each runner 6-8 steal attempts
- Catcher throws down to practice defense

COACHING POINTS

- Read pitcher's first move accurately
- Crossover step = fastest start
- Run hard all the way through
- Slide to avoid tag
- At 46', pitcher is closer to plate
- Good jump more important than speed

MAKE IT A GAME

- Steal Success Rate: Track safe vs out. Goal: 60%+ success rate = good baserunner!

#06

Running Through First Base

PLAYERS

6-12

TIME

8 minutes

EQUIPMENT

Bases, helmets

OBJECTIVE

- Master running through first base without slowing down.

SETUP

- Home and first base set up. Mark line past first base.

EXECUTION

- Sprint from home to first base
- Don't slow down before base - run THROUGH it
- Touch any part of base with either foot
- Continue running 10-15 feet past base
- Stay in foul territory after passing base
- Each player 4-5 full-speed runs
- Time from home to past first base

COACHING POINTS

- Never slow down before first base
- Accelerate through the base
- Touch base with either foot - don't reach
- Run past base, then return in foul territory
- On the bases, every step counts
- Running through = faster time = safe

MAKE IT A GAME

- Speed Run: Time each runner. Fastest time through first wins. Slowing before base = penalty!

#07

Secondary Leads

PLAYERS

8-12

TIME

10 minutes

EQUIPMENT

Bases, pitcher on mound

OBJECTIVE

- Learn to take secondary lead as pitch is delivered.

SETUP

- Runners on first. Pitcher delivering to plate.

EXECUTION

- Take primary lead (appropriate leadoff distance)
- As pitcher starts delivery to plate, take 2-3 shuffle steps
- This is secondary lead - prepares to advance
- On ground ball, keep running to second
- On fly ball or line drive, freeze and return if needed
- Practice secondary lead 10-12 times
- Build into base running instinct

COACHING POINTS

- Primary lead when pitcher has ball
- Secondary lead as pitch is thrown
- Shuffle steps toward next base
- Helps you advance on ground balls
- Don't go so far you can't get back
- This is smart, aggressive base running

MAKE IT A GAME

- Lead & React: Coach calls 'GROUND' or 'FLY' after secondary. Correct reaction = point. First to 10!

#08

Advancing On Wild Pitches

PLAYERS

8-12

TIME

10 minutes

EQUIPMENT

Bases, pitcher, catcher, baseballs

OBJECTIVE

- Learn to recognize and advance on wild pitches and passed balls.

SETUP

- Runner on base. Pitcher and catcher. Simulate wild pitches.

EXECUTION

- Runner on base watching pitch
- When ball gets past catcher, immediately run to next base
- Don't wait - go right away
- Sprint to next base and slide if close
- Practice from all bases
- Each runner 6-8 wild pitch scenarios
- Build instinct to run immediately

COACHING POINTS

- See ball get away = instant reaction
- Don't hesitate - GO
- Run hard, slide if play is close
- Free base if you take it
- At 10U, lots of wild pitches - take advantage
- Alert runners score more runs

MAKE IT A GAME

- Wild Pitch Points: First to react and advance = point. Hesitate = no point. Most points wins!

#09

Reading Ground Balls

PLAYERS

10-15

TIME

12 minutes

EQUIPMENT

Full field, bases, runners, infielders

OBJECTIVE

- Learn when to advance on ground balls based on where it's hit.

SETUP

- Runner on second. Full infield. Coach hits grounders.

EXECUTION

- Runner takes lead at second base
- Coach hits grounder to various IF positions
- Ball behind runner (right side) = GO to third
- Ball in front (left side) = usually STAY
- 2 outs = run on anything
- Practice reading 10-12 ground balls
- Learn to react based on ball location

COACHING POINTS

- Ball hit behind you = easier to advance
- Ball hit in front = harder to advance
- With 2 outs, always run
- Read ball off bat
- Trust your instincts
- Smart reading = more runs

MAKE IT A GAME

- Read & Run: Correct decision (go or stay) = point. Wrong decision = 0. First to 10 wins!

#10

Full Base Running Circuit

PLAYERS

6-12

TIME

12 minutes

EQUIPMENT

Full bases (60' apart), stopwatch, hel...

OBJECTIVE

- Build speed and stamina running all bases properly.

SETUP

- Full diamond with base paths.

EXECUTION

- Sprint from home around all bases back to home
- Touch inside corner of each base
- Round first, second, and third properly
- Run through home plate
- Time each runner
- Rest 2-3 minutes between attempts
- Each runner goes 2-3 times

COACHING POINTS

- Proper technique on all bases
- Don't skip fundamentals for speed
- Touch inside corner, round properly the bases = 240 total feet to run
- Build speed and endurance
- Celebrate personal bests

MAKE IT A GAME

- Beat Your Time: Track each runner's best time. Goal is personal improvement. Celebrate all
- PRs!