

Baserunning FUNdamentals

Batter-base runner

Digging out of the batter's box

- Take the first step with the back foot (the one farthest from the pitcher)
- Initially take short wide steps to gain power and momentum
- Lengthen the stride and pump the arms to maximise speed for running to 1st Base
- Running to first
- Run in foul territory within the tramline markings
- Continue running straight down the line and contact the base at top speed
- Don't break stride when contacting the base
- Focus on the base (do not watch the ball)
- Contact the front corner of the safety base (the one in foul territory)
- After contacting the base bend the knees, take short pumping steps and shift weight back to facilitate coming to a stop
- As speed is reduced glance left and/or right to look for the outcome of the play
- Turn to the left, toward the field of play, without making any attempt to go to 2nd Base
- Go directly back to the base in fair territory NOT the safety base
- Never slide into 1st Base unless avoiding a tag



Base runner

Leading off on the pitch – rolling start

- Front foot is beside the front of the base
- Rear foot is behind the base
- Bend the knees and lean forward from the waist to take up a sprint position
- Watch the pitcher and take up this position when they are ready to pitch
- When the pitching arm reaches the highest point of the arc, begin the rocking movement
- Transfer body weight to the back foot to enable an 'explosive' drive from the sprint position
- Take the first step with the rear foot at the time the pitcher takes the stride
- Players should always remain alert and take cues from the pitcher, the defence and the coach.

Rolling start



Leading off on the pitch – track start

- Rear foot is on the front of the base
- Front foot is extended in front of the base and points in the direction of the next base
- Bend the knees and lean forward from the waist to take up a sprint position
- Watch the pitcher and take up this position when they are ready to pitch
- When the pitching arm reaches the highest point of the arc, begin the rocking movement
- Transfer body weight to the back foot to enable an 'explosive' drive off the base
- Take the first step with the rear foot at the time the pitcher takes the stride
- Players should always remain alert and take cues from the pitcher, the defense and the coach

Track start



Note: The Rules of Softball prevent a runner leaving the base before the pitcher releases the ball (or in tee ball before the batter hits the ball). If a runner is caught leaving the base early they will be called out.