

Runner's Approaching Home

Scenario

Any time a runner leaves third base and heads toward home, there are several tactical things to think about. Knowing where the throw is coming from and reading the throw will allow the runner to make smart choices when attempting to score.

Option to consider as a runner approaches home

- Getting as close to the base path as possible increases the options that the runner has to slide to the inside or outside of the base
- Runners need to be aware of where the ball was hit and where the throw to home is coming from. If coming from down the left field line then it is important to get inside the base bath and to get between the catcher and the ball and visual impair the defense.
- If the throw is coming from the right field line, the catcher will have to track the ball and will not be able to see the runner sliding in.
- As the catcher prepares to receive the throw, the runner should watch the catcher's feet to see if the throw is pulling the catcher off the plate
- If the catcher moves up the line, they should be prepared to avoid sliding into her if she is not at home plate.
- If she is being pulled towards the third base dug out, the runner should adjust and slide to the inside of the base path and base.
- If she is moving towards the first base dugout, then the runner should slide directly into the plate, but towards the outside half of home plate
- Runners should always plan on sliding in feet first if there is any possibility of a collision.
- Runners should only slide away if the ball is going to or has already been caught prior to sliding into home plate.
- Runners should avoid sliding away if she will be beating the ball to the plate, this only gives the catcher more time to put a tag on the runner.

Tactical use of the On Deck Batter

Scenario: Anytime there is a runner coming in to score the on deck hitter should move to the first base side of the backstop and in clear view of the runner. Runners that have already scored on the same play can also jump up and get back to visually help the additional runners attempting to score.

Objective: The athlete can serve as additional eyes for the runner attempting to score. They can visually signal whether to slide or stand. They can also help the runner decide if they should slide to the inside or outside of the plate. The more information a runner has the more confident they will be in executing the proper technique.