

Oregon State University

Offensive Run Production

I Establishing an Offensive Mission Statement: This is dependent on what your players are physically and mentally capable of doing.

- A. Goals and Expectations: batting average v. team run production
- B. Automatics within the System: simplify the game (rules)
- C. Feedback System: practice and game charts
- D. Drills: create and incorporate into your daily practices

Our mission statement must be incorporated into daily practice organization.

II Short Game:

- A. Sacrifice Bunt/Slap Bunt: sequential breakdown
- B. Drag Bunt/Push Bunt: sequential breakdown

III Base Running: our most valuable offensive possession- 27 outs.

- A. Proper Leads at every Base
 - 1. depends on situation
 - 2. depends on runner
 - 3. depends on pitcher
- B. Player Balance, Base, and Rhythm
- C. Automatics
 - 1. 1st base: 3-1, 3-2 count-steal
 - 2. 2nd base: looks, counts, when to steal, rules based upon outs, verbals
 - 3. 3rd base: green-yellow-red (down angle reads), tag situations

IV Run Production Drills: putting everything into game situation

- A. Bunting/Base Reads Square Drill (3 minutes each-15 minutes)
 - round 1- runner on 1st: no outs
 - round 2- runners on 1st and 2nd: no outs
 - round 3- runner on 3rd/runners on 2nd & 3rd: squeeze play: 1 out
 - round 4- communication bunt drill
 - round 5- drag bunt/push bunt
- B. 30 Foot Drag Game
- C. T's/soft toss/short toss, Leads, Reads: runners at every base
 - round 1- hit and run at 1st; no outs rule at 2nd; red at 3rd
 - round 2- secondary read at 1st; one out rule at 2nd; green at 3rd
 - round 3- straight steal at 1st; two out rule at 2nd; yellow at 3rd

Run Production: continued

- D. Run Production Square Drill (5 minutes each-15 minutes)
 - round 1- hit & run
 - round 2- runner on 2nd base: no outs
 - round 3- runner on 3rd base: one out
- E. Run Production Hustle Scripted Scrimmage (1/2 to one hour)
Example:
 - 1. Innings 1-2: hit & run/run & hit no matter how many outs
 - 2. Innings 3-4: runner on 2nd base-no outs
 - 3. Innings 5-6: runner on 3rd base- one out
 - 4. Innings 7-8: runner on 1st/no outs/bunt
 - 5. Inning 9: runners on 1st and 2nd/no outs/bunt
- F. Batting Practice: on playing field (1 1/2 hours)
 - round 1- bunts (kill zones)
 - round 2- run production (hit & run, runner at 2nd, runner at 3rd)
 - round 3- 5 swings opposite field
 - round 4- 5 swings for yourself
 - round 5- 5 swings for yourself
- G. Skins Game: (see handout)

Final Notes:

- 1. We will not allow aerobic hitting or bunting during batting practice. When a player steps into the batter's box, the box is his office. It is not his launching pad.
- 2. Practices are for coaches; games are for players.