

BASERUNNING STATION



Offensive Drill #10

2020 Revision: Players are 6ft apart. Coaches do not assist with their hand.
Possible use of a pole with coaches holding on either side.

Assisted Sliding and Sliding basics

Have players sit down cross legged to figure out which is the sliding (tucking) leg
Have them lay down, kick the top leg out.
The weight should be on their bottoms, back & shoulders - not their knee or tucked leg
Arms are over head straight out, fists closed
straight leg knee slightly bent with the toes of that foot pointing back at sliders head
the chin is tucked into chest

Both coaches will assist the slider into the slide position

the player will run to coach grabbing one hand of each coach
The coach will use their free hand to assist the slider down by placing it on their back as they go into the slide

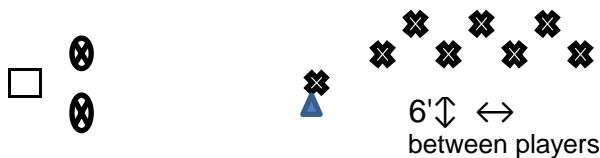
Equipment:

1 base
1 cones
helmets

Ensure that the chin is tucked as they go down and in the finish

KEY POINTS:

comfort level of each slider
if they feel confident and would like to do without assistance then let them continue to assist those who prefer it



⊗ symbol means coach

⊗ symbol means player

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