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Baserunning

Mike Roberts, Tim Bishop



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Smart, aggressive baserunning will change a game, a series, and even a season. It sets the philosophy and mind-set of the coaches, trainers, and players. It becomes instinctual and contagious. It translates to pressure and, most important, wins.

Baserunning is the most complete and authoritative guide on this critical yet often-overlooked offensive skill. You'll go inside today's game to learn the techniques and strategies for ruling the basepaths. Discover the secrets to leading off, detecting pick-off attempts, improving first-step speed, avoiding tags, and determining the best counts and situations for success in stealing bases.

But the art of baserunning is more than just speed and swiping bags—it is effortlessly and efficiently rounding the bases, taking the extra base, tagging up, reading defensive positioning, scouting strengths and weakness, forcing errors, and ultimately scoring runs. Only *Baserunning* covers it all.

With major league advice, skill assessment, the best player and team drills, expert instruction, detailed photo sequences, and proven exercises and routines for speed, agility, and quickness, *Baserunning* is a must-have for every coach, player, and student of the game.

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