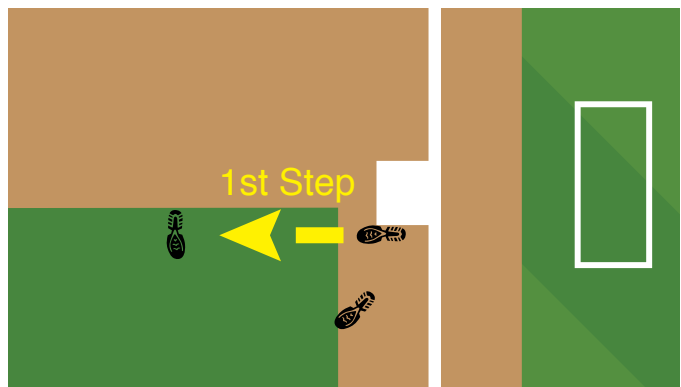


1B - HOLDING RUNNER - BREAK OFF BAG

BREAK OFF BAG

LH and RH fielders use the same footwork to gain distance and direction when breaking off the bag



1. Start from position with right foot's toes inside the base
2. First step is with RIGHT foot
3. Replace feet - like secondary lead
4. Fielder should be on balls of feet when pitch is in hitting zone

NOTE:
 - Focus on being on balls of feet when pitch crosses the plate rather than how far the fielder gets from the bag.

