

Outfield Situations Check-List

Back up Responsibilities

No one on base - Single, Extra base hit, Ball cut off

Runner @ 1B

- Right at you - Quick play to 2B - Read!
- Play at 1B - RF
- Ball in the gap but not to fence
- Fly Ball
- Extra base hit - Cut offs

Runner @ 2B

- Fly ball - Hit Cut
- Single - Throw To Plate
- Ball In Gap - Might Be Throwing To 2B
- Extra Base Hit

Runner @ 3B

- Fly Ball
- Foul Ball - When To Catch (Shallow or deep)
- When To Dive
- Pop Up Communication

Infield Situations Check-List

Bunt Defense

1st & 3rd Defense

Rundowns

Pick-Offs

Double plays

- 1-2-3, 5-2-3, 4-2-3, 3-2-4.
- 5-U-3, 6-U-3, 4-U-3.
- 4-6-3, 5-4-3, 6-4-3, 3-6-4, 1-6-3.

Runner @1B – ground ball to 2B- tag or runner

stopping -Slap to 3B,Slap to SS

Runner @ 2B- ground ball to 3B, ground ball to SS, ground ball to 2B,
ground ball to 1B

Runner @ 3B- ground ball to 3B, ground ball to SS, ground ball to 2B

Ground ball to 1B, ground ball to pitcher

Runner @1&3- GB to ECT.

1st &3rd SIT -Straight steal

- Steal & stop
- Drag bunt to 3B
- Pop up & tag

Runner @ 1st & 2nd - Draw a throw

Fake drag & steal

Squeeze- suicide & safety

Infield Drills

- Short hops (center, backhand, glove hand)
- Paddle drills
- Bare hand drill
- Web-less glove
- Glove hand only
- T-Drill (lateral movement)
- 4 corner
- Quick hands
- Quick feet - ball exchange
- Ball in glove
- Slow roller
- Receiving throws- tag plays
- Receiving throws- force
- Pop up communication
- Fielding bunts
- Bunt coverage
- Double play feeds
- Double play footwork
- One Knee short hops (glove hand & back hand)

Throwing Drills:

- One knee
- Side straddle
- Long toss
- Ball in glove
- Quick catch

Outfield Drills

Drop-steps- dry

Drop-steps- ball/tennis ball

Ground ball footwork (no one on, do or die, quick feet)

- dry
- rolled
- hit

Groundball - one knee

Fly ball footwork

- dry
- machine
- hit

Angle drill (lateral movement)

- cones
- live

Fence drill

Playing the Sun

Fly ball communication

Sprint & catch

Dive & catch

Slide & catch

Pop up communication

Quick feet- shadow

Correction drill

- toss
- live

Throwing drills

One knee

Side straddle

Long toss

Ball in glove

One leg toss

Fundamental Check-List for Individual Positions

FIRST BASE

- Fielding principles
- Throwing principles
- Receiving throws (good & bad throws)
- Footwork around the bag
- Pop ups (against the fence & dugout)
- Cut off responsibilities & positioning
- Relay footwork
- Receiving pick offs
- Receiving dropped 3rd strikes
- Rundowns
- Tag plays
- Reading bat angle

SECOND BASE

- Fielding principles
- Throwing principles
- Pop ups
- Covering 1B
- Short game situations
- Cut off responsibilities
- Double play feeds & footwork
- Rundowns
- 1st and 3rd situations
- Tag plays
- Reading bat angle

PITCHERS

- Pitching fundamentals
- Taking signals
- Fielding bunts & groundballs
- Covering home
- Back up responsibilities
- Pitch-outs
- 1st & 3rd situation responsibilities
- Pre-game warm up
- Strike zone management
- Charting

CATCHERS

- Giving signals
- Throwing technique & footwork
- Pitch out & pick offs
- Blocking
- Framing
- Receiving throws
- Fielding bunts
- Pop ups
- Dropped 3rd strike
- Tag plays at home
- Communication
- Game management (calling pitches)
- Handling pitchers
- Pass ball & wild pitches
- Back up responsibilities

THIRD BASE

- Fielding principles
- Throwing principles
- Fielding bunts
- Receiving throws from outfielder
- Steal situation - communication with SS
- Pop ups (against fence/dugout)
- Cut off responsibilities
- Relay footwork
- Pick offs
- 1st & 3rd situations
- Tag plays
- Rundowns
- Reading bat angle

SHORTSTOP

- Fielding principles
- Throwing principles
- Short game situations & positioning
- Pop up communication
- Covering 2B & 3B - steals
- Double play footwork & feeds
- Rundowns
- 1st & 3rd situations
- Receiving throws (force & tag plays)
- Cut off responsibilities & footwork
- Communication
- Reading bat angle