

Practice Topics

Things You Could, Should, and Must Cover at Practice

Defensive Position Skills

Pitchers

- Fielding bunts
- Ground balls & throws to first
- Covering home
- Intentional walks
- Pitchouts
- Back-up responsibilities
- 1st and 3rd Situations
- Check runners
- Squeeze
- Covering 3 on bunts
- 1st throw of DP
- Slapper defense
- Pop flies
- Delayed pick-offs

Catchers

- Blocking
- Pop-ups
- Bunts
- Backups
- Signals
- Intentional walks
- Framing
- Cut-off communication
- Wild pitch – passed balls
- Throwing technique and footwork
- Pick offs
- Dropped third strike
- Tags at home
- Foul ball against fence
- Force at home w/ DP footwork to 1

First Base

- Ground balls and throws to 1, 2, 3 & 4
- Receiving throws (good and bad)
- Footwork around the base
- Pop flies
- Pop flies against fence
- Cut-off responsibilities and positioning
- Receiving dropped 3rd strike
- Swipe tags
- Bunt defense
- Slapper defense
- Doubleplay
- Diving catches
- Squeeze bunts
- Covering home on passed ball
- Receiving throws from right field

Second Base

- Ground balls and throws to bases
- Pop flies – over head
- Covering 1st base
- Bunt situations
- Relay technique
- Cut-off responsibilities
- Double play footwork
- Tags
- Pick offs
- Diving knock downs and catches
- Slapper defense
- 1st and 3rd situation
- Force at 3rd and home
- Backing up pitcher on throw backs
- Signals to outfield
- Steal coverage
- DP feeds

Practice Topics

Things You Could, Should, and Must Cover at Practice

Defensive Position Skills

Shortstop

- Ground balls and throws
- Double plays (footwork, feeds)
- Pop flies - over head
- Covering second and third base
- Bunt situations
- Relay technique and responsibility
- DP from pitcher
- Tag plays
- Pick offs
- Steals
- Diving knock downs and catches
- Signals to OF
- Slap defense
- Holding runners – make throw
- Covering second base after a base hit

Outfield

- Fly balls
- Rainbow throws (strengthen arm)
- Throwing technique
- Ground balls
- Angle to ball
- Communication
- Footwork
- Drop step
- Throws to bases
- Fence plays
- Playing the sun
- Diving and sliding catches
- Backing up responsibilities
- Defensive positioning

Third Base

- Ground balls and throws
- Fielding bunts
- Covering 3rd base
- Receiving throws
- Pop-ups – over head, against fence
- Bunt situations
- Cut-off responsibilities
- Pick offs
- 1st and 3rd situation
- Tag plays
- Diving catches
- Slapper defense
- Squeeze bunts
- Steals to 3
- Holding runner – throw to 1
- Holding runner – bluff throw

Team Drills

- Various Situations
- Double plays
- Relays and Cut-offs
- Slap defense
- Backing up
- Rundowns
- Squeeze
- Bunt defense
- Bloopers
- Communication
- 1st and 3rd situation
- Steals
- Appeals
- Rules
- Pick-offs
- Signals
- Intentional Walks
- Tie breaker defense

Practice Topics

Things You Could, Should, and Must Cover at Practice

Offensive Skills

• Runner at 1st

- o Sac bunts
- o Push bunts
- o Slap hits
- o Hit and run
- o Bunt and run
- o Slap and run
- o Steals
- o Drop bunts (sneak)
- o Hit behind the runner

• Runner at 2nd

- o Sac bunts
- o Drop bunts (sneak)
- o Bunt and run
- o Hit and run
- o Slap to 2nd
- o Steal
- o Hit behind the runner

• Runner at 3rd

- o Squeeze
- o Safety squeeze
- o Fly ball
- o Slap and run

• Runner on 1st and 3rd

- o Steal
- o Slowed steal
- o Squeeze (Runner on 1 go to 3)
- o Hit & run
- o Slap and run
- o Hit to right side

• Base Running

- o Breaking up double plays
- o Sliding & dives
- o Steals – delay steals
- o Base-running (singles, doubles, etc...)
- o Signals
- o Lead offs
- o Tagging up
- o Picking up base coaches
- o Special plays
- o 1st and 3rd situation base-running
- o Double steals
- o Protecting a steal