Position Date and Time

## **Catchers**

**Proper Shifting Technique Balls in Dirt** Pop-Ups Tag Plays at the Plate Force Plays at the Plate **Fielding Bunts Backing up Bases Giving Signs to Pitcher Pitchouts** Framing the Ball **Double Steal Plays Bunt Defense Plays** No Runner On Man on 1 Man on 2 Man on 3 Man on 1&3 **Squeeze Defense Pickoffs** 1B **2**B 3B Throwing to 2B Throwing to 3B **Using Cut-off Man** Rundowns **Pitcher Over-throws to Plate** 1st / 3rd Plays Play 1 Play 2 Play 3 Play 4

First Baseman	ĺ				
Picks in the Dirt					
<b>Holding Runners on Base</b>					
Coming off the bag to field a ball					
<b>Cut-off Responsibilities</b>					
1st / 3rd Plays					
	Play 1				
	Play 2				
	Play 3				
	Play 4				
<b>Bunt Defense Plays</b>					
	No Runner On				
	Man on 1				
	Man on 2				
	Man on 3				
	Man on 1&3				
Pickoff Plays					
	P1				
	From Catcher				
Fielding Bunts with Throw					
3-6-3 Double Play					
Pop-Flys in foul ground					
3-1 Plays					
Following Runners on Double Cuts					
Back up Responsibilities					
<b>Ground Ball Communication</b>					
Ground Ball Work					
Tagging Runners					

Second Baseman	Γ				
Holding Runners on Base	ŀ				
Preventing Delayed Steal	-				
Back up Throws from Plate	•				
Covering 2B on Steals with throws	•				
Cut-off Responsibilities	-				
1st / 3rd Plays	-				
•	Play 1				
	Play 2				
	Play 3				
	Play 4				
Bunt Defense Plays	,				
•	No Runner On				
	Man on 1				
	Man on 2				
	Man on 3				
	Man on 1&3				
Pickoff Plays					
	P2				
	Р3				
	From Catcher				
<b>Double Play Situations</b>					
	4-6-3				
	6-4-3				
	5-4-3				
	1-4-3				
Making Tag Plays					
<b>Tandem Relays on Double Cuts</b>					
Decoying Runners					
Rundowns					
Fly Ball Communication					
Throwing Behind Runners					
<b>Ground Ball Work</b>					
<b>Ground Ball Communciation</b>					
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Short Stops	-					
Holding Runners on Base	-					
Preventing Delayed Steals						
Back up Throws from Plate						
Covering 2B on Steals with throws	-					
Cut-off Responsibilities	_					
1st / 3rd Plays						
	Play 1					
	Play 2					
	Play 3					
	Play 4					
<b>Bunt Defense Plays</b>						
	No Runner On					
	Man on 1					
	Man on 2					
	Man on 3					
	Man on 1&3					
Pickoff Plays						
	P2					
	P3					
	From Catcher					
<b>Double Play Situations</b>						
Double Hay Steadions	4-6-3					
	6-4-3					
	3-6-3					
	1-6-3					
	6-5					
Making Tag Plays	0-5					
Tandem Relays on Double Cuts	-					
	-					
Decoying Runners	-					
Rundowns	-					
Fly Ball Communication	-					
Throwing Behind Runners						
Ground Ball Work						
<b>Ground Ball Communciation</b>						

Holding Runner Back up Throws Covering 3B on Cut-off Respons	From 1B					
Back up Throws Covering 3B on	From 1B					
Covering 3B on						
	Steais					
1st / 3rd Plays						
		Play 1				
		Play 2				
		Play 3				
		Play 4				
Bunt Defense P	lays					
		No Runner On				
		Man on 1				
		Man on 2				
		Man on 3				
		Man on 1&3				
Pick Off Plays						
		Play 4				
		Catcher				
Double Play Situ	uations					
		5-4-3				
		1-5-3				
		5-U-3				
		6-5				
Making Tag Play	ys					
Decoying Runne	ers					
Rundowns						
Fly Ball Commu	nication					
Throwing Behin	d Runners					
Ground Ball Wo	ork					
Ground Ball Cor	mmunication					

## **Outfielders**

Using Cut-off Men
Throwing to Bases

**Throwing to Plate** 

Playing the Fence
Fence Communication
Fly Ball Communication
Fly Ball Responsibilities
Backing up Bases
Rundown Responsibilities
Pick-off Responsibilities
Throwing Behind Runners
Balls in Gaps
Balls Overhead
Linedrives

Ground Balls Fly Balls

Ground Balls Fly Balls


Pitchers						
	<b>Bunt Defense Plays</b>					
		No Runner On				
		Man on 1				
		Man on 2				
		Man on 3				
		<b>Man on 1&amp;3</b>				
	Squeeze Defense					
	1st / 3rd Plays					
		Play 1				
		Play 2				
		Play 3				
		Play 4				
	Pick Off Plays					
		P1				
		P2				
		Р3				
		P4				
		P5				
		Р6				
	<b>Double Play Situations</b>					
		1-6-3				
		1-4-3				
		3-6-1				
		1-5-3				
		1-2-3				
	<b>Holding Runners on Base</b>					
	Backing up Bases					
	Backing up Plate					
	<b>Coverning Home Plate</b>					
	Fielding Ground Balls					
	Covering First Base				 _	
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Fly Ball Communication **Rundown Responsibilities Ground Ball Work Ground Ball Communication Pitchouts**