

## **TCFASTPITCH Team Checklist**

### **Pitchers**

- Throwing Mechanics
- Pre-Game Warmups (pitchers vary on time they need)
- Covering home on a wild pitch
- Fielding Bunts
- Back Up Responsibilities
- Pitchout (how to intentionally walk a hitter)
- Taking A Sign
- Intentional walk

### **Catchers**

- Throwing Mechanics (what a catcher does)
- Framing the pitch
- Blocking
- Dropped Third Strikes
- Clearing the baseline on throws to first
- Fielding Bunts
- Throwback to home on wild pitch
- Tag Plays at home
- Receiving Throws for force out
- Rundowns
- Intentional walk

### **First & Third**

- Fielding ground balls (lateral movement)
- Covering bunts
- Throwing to bases (including slow rollers requiring different types of throws)
- Receiving throws
- Receiving throw on relays
- Covering 3b on steal
- Rundowns
- Pop ups in foul territory (especially close to the fences)

## **Second & Shortstop**

- Groundballs (backhand & forehand)
- PFP's (make them work for you and your team)
- Throws to the bases (including home for force or tag play)
- Footwork (include throw off of "wrong" foot for slow rollers)
- Double Plays (to include communication and footwork)
- Slowrollers
- Pickoffs (ss and 2b take throw at 2b, ss take throw at 3b)
- Covering 2b on steal (work on ss & 2b taking throws)
- 2b Covering 1b on bunt
- Rundowns
- Pop Ups in foul territory to the fence

## **Outfielders**

- Efficient throws (recognize all arms not created equal)
- Proper position to catch a fly ball (behind the ball, catch in front of eyes)
- Drop step (probably most ignored)
- Reverse drop step
- First Step (probably should not be in)
- Receiving ground balls (without and with runner(s))
- Do or die (aggressive charge with proper footwork)
- Communication (be aware of outfield/infield hierarchy)