

57 BASEBALL – FUNDAMENTAL DRILL SERIES

FUNDAMENTAL DRILL SERIES - #1

Infielders & Catchers – Force plays at home plate. Infielders move back to halfway on second round.

Outfielders – In rightfield working on fence communication. One outfielder standing in right-centerfield yelling fence at proper time. Other outfielders lined up as rightfielders and break for fence to field flyball. Work on clearing glove arm for fence jump.

Pitchers – Practice field. Work on pick-off moves to first base. Throw to each other. Daily 7's #4 & 5.

FUNDAMENTAL DRILL SERIES - #2

Catchers & Firstbasemen – Catchers fielding bunted balls and throwing to firstbasemen. Catcher rolls out bunted ball. Firstbasemen taking throws at first and yelling “inside”. Firstbasemen field ball and tag on ball hit too far up line.

Shortstops & Secondbasemen – Communication on ground ball over 2nd base. Coach hitting in front of pitcher's mound. Shortstops and secondbasemen cheating slightly. No throwing to first base.

Thirdbasemen – Fielding flyballs at dugout and fence. Thirdbasemen throwing to each other, or use a machine.

Outfielders – In right-centerfield going back on flyballs. Can throw to each other or have coach/manager throw.

Pitchers – Practice field reacting to a 1st & 3rd early steal. Step off, look back runner to 3rd, turn and throw to shortstop at bag. Alternate between throwing to 2b and full arm fake.

FUNDAMENTAL DRILL SERIES - #3

Pitchers & Firstbasemen – 3-1 groundballs. Coach fungo hit from front of home plate. Pitcher fakes delivery to plate. Vary routes to bag based on 1) banana w/nobody on; 2) banana w/runner @2b; 3) banana w/bobble breakdown; 4) straight 361 double play; 5) straight slow roller.

Pitchers, Catchers & Thirdbasemen – Fielding bunted balls thirdbase side. Thirdbasemen making one-step read to either field the ball or go back to bag. Coach throws bunted ball. If thirdbasemen makes play, then full-arm fake to first and backdoor to 3b to pitcher covering. If pitcher or catcher fields ball “lead out” to 3b.

Shortstops, Secondbasemen & Outfielders – Flyball communication. Balls to triangle. Coach throw from behind mound or use machine.

FUNDAMENTAL DRILL SERIES - #4

Pitchers, Firstbasemen, Secondbasemen & Catchers – Groundball communication on ball hit to right side of infield. Catcher yelling “get over there pitcher” on all balls hit to right side. Pitcher backing up play at first if secondbasemen makes play and firstbasemen gets back to bag. Coach fungo hitter on third base side of plate.

Catchers – Catcher Pop-ups (machine)

Shortstop & Thirdbasemen – Groundball communication with runners at first and second, and ball hit to six hole. Thirdbasemen makes play full arm fake to start double play at second. Shortstop makes play throw to thirdbasemen retreating back to third. Coach fungo hitter on first base side of home plate.

Outfielders – In deep centerfield (on warning track) charging groundball with play in infield. Player/Coach in cutoff position behind second base. Coach fungo hitter behind second base.

FUNDAMENTAL DRILL SERIES - #5

Pitchers, Thirdbasemen & Catchers – Rundown between 3b & home. Pitcher throw to plate. Catcher backdoor pick to rundown.

Pitchers, Firstbasemen, Shortstop & Secondbasemen – Groundball communication on ball to right side of infield. Turning Double-Play. Pitcher covering 1b or backing up play. Coach hitting fungo from firstbase side of homeplate.

Outfielders – Linedrive communication. Outfielders line up in centerfield and leftfield closer together than normal. Coach throws line drives from behind shortstop position or use machine.

FUNDAMENTAL DRILL SERIES - #6

Shortstops, Secondbasemen & Pitchers – Timing play at 2nd base. Work pickoff based on sign from shortstop or second basemen. Have pitcher/coach stand in as baserunner. Daylight Pickoff.

Catchers, Firstbasemen & Thirdbasemen – Pickoffs at 1b and Steal Attempt at 3b. Catcher gives proper sign. One catcher in front of mound throwing to the plate. One catcher swinging the bat, and one catcher throwing. Alternate between third and first.

Outfielders – In rightfield fielding groundballs going to the left and right and setting up to throw. Work on reverse pivot when throwing from glovehand groundball side and drop knee slide technique on backhand to armside. Coach throwing from deep secondbase.

FUNDAMENTAL DRILL SERIES - #7

Pitchers & Firstbasemen – RHP work on 31 pick. LHP work on backdoor pick with runners at 1st and 2nd, and firstbasemen playing behind runner. Extra pitcher as baserunner.

Outfielders, Secondbasemen & Shortstops – Throwing behind runner rounding secondbase. Coach throwing balls to outfielders from in front of secondbase. Working on not using cut-off to secondbase.

Catchers & Thirdbasemen – Communication on flyballs between third and homeplate. Coach throwing flyballs from homeplate or use machine.

FUNDAMENTAL DRILL SERIES - #8

Catchers, Shortstops & Secondbasemen – Pickoff at secondbase, and pick off of missed bunt by catcher. One catcher throwing from the mound, one catcher batting, and one catcher throwing. Coach or player is baserunner.

Firstbasemen & Thirdbasemen – “Lead out” with runners at 1st & 2nd. Firstbasemen fielding bunted ball down firstbase line and throwing to thirdbasemen retreating back to bag. Thirdbasemen working on one step read before retreating.

Outfielders – Picking up ball at base of fence and hitting relay man. Coach is relay man.

Pitchers – Practice field working on Daily 7 #6 & 7. Throw to each other.

FUNDAMENTAL DRILL SERIES - #9

Secondbasemen, Firstbasemen & Rightfielders – Flyball communication on ball down RF line. Coach throwing from 1b box or use machine.

Shortstop, Thirdbasemen & Leftfielders – Flyball communication on ball down LF line. Coach throwing from 3b box or use machine.

Pitchers & Catchers – Passed ball communication and plate coverage. Pitchers point to ball rolled by catcher, catcher field ball and throw to pitcher with tag at plate.

