Hitting Checklist		
-Bunting Mechanics	-Mechanics of the swing	-Hit and run
-Bunt Down First -Bunts down third -Squeeze bunts	-Driving balls up the middle	-Run and hit
	-Pulling the ball	-Signs
	-Staying behind the baseball	-Hitting with two strikes
	-Going the other way	-Hitting with two outs
	-Hitting the curveball	-Hitting when ahead in the count
	-Going the other way with the curve	-Hitting when behind in the count
	-Pulling a curve and keeping it fair	-Hitting with runner on 3rd less than 2 outs
	-Variation in speeds FB/Curve	-Hitting with runners in scoring position
		-Hitting with no one on
		-Knowing pitchers tendencies

### **Baserunning Checklist**

Steals

Lead offs at 1st

Lead offs at 2nd

Lead off at 3rd

Secondary leads at

1st

Secondary leads at

2nd

Secondary leads at

3rd

2 out leads at 2nd

When to tag at 2nd

When to tag at 3rd

Double steal

**Dirtball Reads** 

Play 1

Squeeze

**Delayed Steal?** 

### **Catchers Defensive Skills Checklist**

Blocking balls down the middle

Blocking balls side to side

Blocking curve balls

Receiving/Framing

Pickoffs to 1st

Throws to 2nd

Throws to 3rd

Throws on pass balls to home

Signs to pitcher

Signs to infield on 1st and 3rd

Discuss when to go to the mound

Communication with infield on bunts

Communication on which base to throw to

Proper lane when throwing to 1st

Blocking the plate

Catching fly balls

Transfer/Footwork on throws

Stance

Throwing technique

Backing up 1st base

Communication on relays

### **Pitcher Defensive Skills Checklist**

Fielding bunts with throw to 1st

Fielding bunts with throw to 2nd

Fielding bunts with throw to 3rd

Fielding bunts with throw to home

Comebackers

Comebackers starting a double play

Covering home on pass ball

Tags at home

Backing up

PFPs

**Flyballs** 

Pickoffs

Pitch outs

Signals

Mechanics

### 1B Defensive Skills Checklist

Footwork

Stretch

Ground balls - routine

Ground balls - forehands

Ground balls -

backhands

Picks - forehand

Picks - backhand

Flyballs - routine

Flyballs - Over the

shoulder

Flyballs - Foul near fence

Throws to 1st on bunts

Throws to 2nd on bunts

Throws to 3rd on bunts

Feeds to pitchers underhand

Feeds to pitchers

overhand

Double play throws to

2nd

Infield in - throw home

Holding runners

Bad throws/tags

Cut offs/relays

Trailing the runner

### 2B Defensive Skills Checklist

Ground balls - routine

Ground balls - forehand

Ground balls - backhand

Ground balls - slow

rollers

Double play feeds - flips

Double play feeds -

routine

Double play feeds -

backhands

Double play feeds -

forehands/spins

DP footwork - throws on back side of the bag

DP footwork - throws to the left side

DP/Transfers/two hands

Covering 1st on bunts/stretch

Flyballs - routine

Flyballs - over the shoulder

Flyballs - down the first baseline

Tags - Vtags

Tags - sweep tags

Covering steals

Footwork on tags on throws from catchers/pitchers

Footwork on tags on throws from 1st

Footwork on tags on throws from outfield

Infield in/throws home

Double cuts

**Holding runners** 

### **SS Defensive Skills Checklist**

**Ground balls - routine** 

Ground balls - forehand

Ground balls - backhand

Ground balls - slow rollers

Double play feeds - flips

Double play feeds - routine

Double play feeds - backhands

Double play feeds - backhands/jump throw

DP footwork - throws on left side of the bag

DP footwork - throws to the right side

DP/Transfers/two hands

Flyballs - routine

Flyballs - over the shoulder

Flyballs - down the third baseline

Tags - Vtags

Tags - sweep tags

Covering steals

Footwork on tags on throws from catchers/pitchers

Footwork on tags on throws to 1st/pickoff

Footwork on tags on throws from outfield

Infield in/throws home

Double cuts

**Holding runners** 

### 3B Defensive Skills Checklist

Ground balls - routine

Ground balls - forehands

Ground balls -

backhands

Ground balls - slow rollers

DP - routine

**DP** - forehands

DP - backhands

Fielding bunts - throw to 1st

Fielding bunts - throw to 2nd

Fielding bunts - throw to 3rd

Flyballs - routine

Flyballs - over the shoulder

Flyballs - near fence

Tags - steals/throws from catcher

Tags - from bunts

Tags - throws from outfield

Footwork on tags - from infield

Footwork on tags - from outfield

Infield in/throws home

Reading the bunt

**Pickoffs** 

Cut offs

### **OF Defensive Skills Checklist**

Ground balls - routine/no one on

Ground balls - on the run/runners on

Ground balls - backhands

Ground balls -

gaps/down the line with pivot

Throws - relays

Throws - double cuts

Throws - do or die/one hops

Flyballs - routine

Flyballs - work thru for throws

Flyballs - drop steps

Flyballs - straight over head

Flyballs - communication

Flyballs - robbing home runs

Signals from coaches on positioning

Positioning based on game situation

Backing up

Communication

When to gamble

### **Team Defensive Skills Checklist**

1st and 3rd defense

**Bunt coverage** 

Relays to 2nd

Relays to 3rd

Relays to home

Double cuts

Backing up

Positioning

Signs

Flyball

defense/communication

Run downs

Pick plays

Defending the squeeze

### EDDs

(Every Day Drills)

# Throwing Progression

## Skills Checklist