

Hitting Checklist

-Bunting Mechanics -Bunt Down First -Bunts down third -Squeeze bunts	-Mechanics of the swing -Driving balls up the middle -Pulling the ball -Staying behind the baseball -Going the other way -Hitting the curveball -Going the other way with the curve -Pulling a curve and keeping it fair -Variation in speeds FB/Curve	-Hit and run -Run and hit -Signs -Hitting with two strikes -Hitting with two outs -Hitting when ahead in the count -Hitting when behind in the count -Hitting with runner on 3rd less than 2 outs -Hitting with runners in scoring position -Hitting with no one on -Knowing pitchers tendencies
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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	DP footwork - throws on left side of the bag	Footwork on tags on throws from catchers/pitchers
Ground balls - forehand	DP footwork - throws to the right side	Footwork on tags on throws to 1st/pickoff
Ground balls - backhand	DP/Transfers/two hands	Footwork on tags on throws from outfield
Ground balls - slow rollers	Flyballs - routine	Infield in/throws home
Double play feeds - flips	Flyballs - over the shoulder	Double cuts
Double play feeds - routine	Flyballs - down the third baseline	Holding runners
Double play feeds - backhands	Tags - Vtags	
Double play feeds - backhands/jump throw	Tags - sweep tags	
	Covering steals	

3B Defensive Skills Checklist

Ground balls - routine	Flyballs - routine	Pickoffs
Ground balls - forehands	Flyballs - over the shoulder	Cut offs
Ground balls - backhands	Flyballs - near fence	
Ground balls - slow rollers	Tags - steals/throws from catcher	
DP - routine	Tags - from bunts	
DP - forehands	Tags - throws from outfield	
DP - backhands	Footwork on tags - from infield	
Fielding bunts - throw to 1st	Footwork on tags - from outfield	
Fielding bunts - throw to 2nd	Infield in/throws home	
Fielding bunts - throw to 3rd	Reading the bunt	

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