

## Basics

1. Defensive positions
  - 1) Pitcher – throw strikes
  - 2) Catcher – Catch everything. Slow down steals
  - 3) First base – Catch everything
  - 4) Second base – field everything, big range, cover bases
  - 5) Third base – field, bunt defense
  - 6) Shortstop – field everything, big range, cover bases
  - 7) Left Field – Eliminate extra bases
  - 8) Center Field – Get to everything, eliminate extra bases
  - 9) Right Field – Eliminate extra bases, backup plays at first
2. Offensive positions
  - 1) Get on base and be fast
  - 2) Advance the runner. Be clever
  - 3) Get hit. Be the best hitter
  - 4) Clear the bases. Be the hardest hitter
  - 5) Clear the bases. Be dangerous.
  - 6) Get on base
  - 7) Advance the runner
  - 8) Adapt – be clever
  - 9) Get on base and be fast
3. Offense: swing
  - a. See the ball
  - b. Get there on time
  - c. Get the barrel of the bat on the ball
  - d. Hit. It. Hard!
4. Offense: Batting
  - a. Know the signs: Hit, sacrifice bunt, take, steal, bunt for hit, squeeze play
  - b. Know the count
  - c. Have a plan: the hard part
  - d. Be 100% ready to hit. Don't plan to fail
5. Offense: Base running
  - a. Sharp leadoff every single time
  - b. Always look for 2 bases
  - c. Determine running path
  - d. Know if force. Force if no empty bases back to the plate
  - e. Force: ball on the ground, run. Anticipate where the ball will fall
  - f. Force: ball in the air:
    - i. Ball behind, tag up and be ready
    - ii. Ball ahead, go part way. Farther away, longer lead
  - g. No force, ball on the ground:
    - i. Ball behind, run
    - ii. Ball ahead, evaluate
6. Offense: Tee hitting:
  - a. Train your eyes
  - b. Practice entire swing. SLOW.
  - c. Practice all locations
  - d. Use RADAR to find improvements

7. Defense: Infield grounders:
  - a. You have 3 seconds. Different from baseball
  - b. First step is key: crossover, angle. Takes experience
  - c. Don't be static, be moving towards target
  - d. Master the difference techniques
8. Defense: outfield grounders
  - a. Know the situation. Have a plan
  - b. Throw through the cutoff to a base!
  - c. Master slow and fast throws.
9. Defense: outfield flyballs
  - a. Know the situation. Have a plan
  - b. Throw through the cutoff to a base!
  - c. Master slow and fast throws
10. Defense: Catcher
  - a. Make a target. Always start low.
  - b. Block balls in the dirt. Kick feet out, use gear
  - c. Block balls to the side, corral.
  - d. Master getting to throwing position.