

## 1<sup>st</sup> Base Defensive Checklist

1. Pre-pitch movement/Ready Position
2. Approach to groundball
3. Feeds to pitcher
4. Footwork on and around the base
5. Scoops
6. Glove side groundball
7. Backhand groundball
8. Communication with pitcher on slow groundball
9. Communication with 2B on groundball to hole
10. Dive play backhand
11. Dive play forehand
12. Infield depths
13. Playing behind the runner (1<sup>st</sup> and 2<sup>nd</sup> or bases loaded) with less than 2 outs
14. Playing behind the runner (1<sup>st</sup> and 2<sup>nd</sup> or bases loaded) with 2 outs
15. Full count, 2 outs, runner on first base only
16. Bunt defense responsibilities
17. 1<sup>st</sup> and 3<sup>rd</sup> defense responsibilities
18. Rundowns
19. Holding runners on
20. Fly ball/pop-up responsibilities
21. Backing up on WP/PB with runner scoring
22. Infield depths and signs
23. Called pick-off timing and signals
24. Cut-off responsibilities with runner on 2<sup>nd</sup> base, base hit
25. Cut-off responsibilities on a sure double
26. Pre-game infield/outfield
27. Proper work in-between innings (odd innings versus even innings)
28. Footwork on shuffle off of bag
29. Footwork when playing behind runner
30. Throws to second base on pick-off
31. Throws to second on ground balls after shuffling off base
32. Throws to second on ground balls when playing behind
33. Seven-second rule
34. Gloves in dugout

## 2<sup>nd</sup> Base Defensive Checklist

1. Pre-pitch movement/Ready Position
2. Approach to groundball
3. Footwork for throwing
4. Glove side groundball
5. Backhand groundball (right foot forward and left foot forward)
6. Slow rollers
7. Dive play backhands
8. Dive play forehands
9. Throwing on the run
10. Pivots
11. Feeds (flip, pivot, quarter turn, reverse pivot)
12. Tag plays
13. Tag runner and throw to first for DP
14. 4-1
15. Communication with 3B with runner on second...Flash
16. Infield in and play at plate
17. Infield depths
18. Relay footwork
19. Bunt defense responsibilities
20. 1<sup>st</sup> and 3<sup>rd</sup> defenses
21. Rundowns
22. Pick-offs, daylight play
23. Pick-offs, called with timing
24. Fly ball/pop-up responsibilities
25. Backing up throws from the catcher
26. "Waiting on the ball"
27. Pre-game infield/outfield
28. Proper work in-between innings
29. Seven-second rule
30. Gloves in dugout

### Shortstop Defensive Checklist

1. Pre-pitch movement/Ready Position
2. Approach to groundball
3. Footwork for throwing
4. Glove side groundball
5. Backhand groundball (right foot forward and left foot forward)
6. Slow rollers
7. Dive play backhands
8. Dive play forehands
9. Throwing on the run
10. Pivots
11. Feeds (flip, pivot, step back, backhand)
12. Double play footwork
13. Tag plays at 2<sup>nd</sup>
14. 3-6-1 DP
15. 2-6-3 DP
16. 1-6-3 DP
17. Communication with 3B (with runner on second)
18. Infield depths
19. Infield in, play at plate
20. Relay footwork
21. Bunt defense responsibilities
22. 1<sup>st</sup> and 3<sup>rd</sup> defenses
23. Rundowns
24. Pick-offs, daylight
25. Pick-offs, called, timing and sign
26. Fly ball/Pop-up responsibilities
27. Backing up throws from the catcher
28. Pre-game infield/outfield
29. Proper work in-between innings
30. Seven-second rule
31. Gloves in dugout

### 3<sup>rd</sup> Base Defensive Checklist

1. Pre-pitch movement/Ready Position
2. Approach to groundball
3. Footwork for throwing
4. Glove side groundball
5. Backhand groundball (right foot forward and left foot forward)
6. Slow rollers
7. Dive play backhands
8. Dive play forehands
9. Throwing on the run
10. Feeds (right, left throw and keep arm slot)
11. Tag plays at third
12. 5-3 DP footwork
13. Communication with SS (with runner on second)
14. Communication with 2B...Flash
15. Infield depths
16. Signs (straight up, parallel, grass, as much as you can get, 2 strikes)
17. Play at plate
18. Relay footwork and communication with first baseman
19. Bunt defenses
20. 1<sup>st</sup> and 3<sup>rd</sup> defenses
21. Rundowns
22. Fly ball/Pop-up responsibilities
23. Backing up throws from 1B to pitcher
24. Pre-game infield/outfield
25. Proper work in-between innings
26. Seven-second rule
27. Gloves in dugout

### Outfield Defensive Checklist

1. Pre-pitch movement/Ready Position
2. Approach to groundball
3. Footwork for throwing
4. Glove side groundball
5. Backhand groundball (right foot forward and left foot forward)
6. Communication on both GBs and FBs ("I GOT IT, I GOT IT!" or "TAKE IT, TAKE IT!")
7. Running through a flyball
8. Two-hand pick-ups
9. Sure double (Two-hand pick-up, crow hop, hit the cut-off man)
10. Directing the ball
11. Backing up responsibilities
12. "Hitter off of second base"
13. Cutting balls off
14. Pivot and reverse pivot
15. Getting behind the ball (No drifting)
16. Chain of command communication-wise (CF, corner OFers, IFers...)
17. Throwing THROUGH the cut-off man
18. Ball to the wall (preferably bare hand to fence)
19. Aware of warning track
20. Wind check
21. Line drives right at outfielder
22. Corner outfielder...know balls are tailing to foul line in all cases
23. Drop steps
24. Redirecting self after misread
25. Sun-balls
26. Pre-game infield/outfield
27. Proper work in-between innings
28. Seven-second rule
29. Gloves in the dugout

### Catcher's Defensive Checklist

1. Sign stance
2. Giving the sign
3. Receiving stance
4. Providing a target
5. Blocking balls (center, to left, to right)
6. Throwing to second
7. Throwing to third
8. Glance look
9. Tag play on double steal
10. Fielding bunts
11. Tag play at plate from OFer
12. Force play at plate from IFer/P
13. Tag play at plate from IFer/P
14. Feeds to pitcher covering home on WP/PB
15. Pop-ups
16. Infield depths
17. Bunt defenses
18. 1<sup>st</sup> and 3<sup>rd</sup> defenses
19. Rundowns
20. Backing up throws to first base (never when a runner is on 2<sup>nd</sup> base or 3<sup>rd</sup> base)
21. Pre-game infield/outfield
22. Proper work in-between innings
23. Seven-second rule
24. Gear in dugout
25. Bullpen responsibilities