

FIRST BASE

1. Defensive set position
 2. Ground ball fundamentals
 3. Ground ball footwork fundamentals
 4. Ground ball footwork with throws
 5. Force play footwork
 6. Pop flies—backward, forward, fence, who's in charge
 7. Fielding bunts with footwork for throws
 8. Double play footwork
 9. Dropped third strike positioning—outside, inside
 10. Pick-off coverage
 11. Cut-off responsibilities
 12. Positioning from foul line—step and a dive
 13. Tagging the runner on a wide throw
 14. Flips to 4 on bunts
 15. Back up responsibilities
 16. Breaking to bag for IF throws
 17. Short hops--digging the ball out of the dirt
 18. Splits for low throw
 19. Vertical jump for high throws
 20. One hand catch and stretch
 21. Trail the runner in a 1&3 situation with 2 outs
 22. Rundown responsibilities
 23. Diving for balls
 24. Drop steps for fly balls
- Blocking the sun