

## **IF FUNDAMENTAL CHECKLIST**

1. Drop step / angle to ball
2. Routine ground balls
3. Backhand ground balls
4. Forehand ground balls
5. Forehand / Backhand Flips
6. Double play footwork & feeds
7. Tags at each base / right and left shoulder
8. Drop step fly balls / range to outfield
9. Quick release / soft hands / short arc throw
10. Charging ground balls
11. Fence work
12. Over the shoulder catches
13. Sun work
14. Peel off bags for tags
15. Run down throws
16. Snap tag / right and left shoulder

## **FOOTWORK**

1. Stance
2. Sway
3. Shuffle
4. Instep kick
5. Crow hops
6. Power steps
7. Jam steps
8. Jump turns
9. Force plays
10. Relays
11. Charging the ball
12. Tag plays / sweep, peel, routine
13. Hop step