

SECOND BASE

1. Defensive set position
2. Ground ball fundamentals—forehand, backhand, charge, routine, short hops
3. Ground ball footwork for throwing
4. Double play feeds—short arm, one knee, sway, toss, jump turns
5. Double play pivots—front, back, straddle
6. Tag plays
7. Force plays
8. Pick-offs 1st base
9. Cut-offs-- relays, piggy
10. Pop up fundamentals—drop steps, over the shoulder catches, who's in charge
11. Cover 1st on bunts
12. Bunt and slap responsibilities
13. Option defense
14. Shifting on counts, outs and hitters
15. Going through the runner for a ground ball
16. Rundown responsibilities
17. Making sure the runners touch the bases
18. Decoys
19. Relay signs to outfielders
20. Slap defense and alley defense
21. Slapper defense
22. 1 & 3 defense responsibilities
23. Shielding the sun
24. Hit and run defense
25. Calling the ball
26. Diving for the ball
27. Peel tags
28. Back up responsibilities