

TEAM DEFENSE

Throwing Fundamentals	Pitcher /1st triangle
Catching Fundamentals	Pitcher / 3rd triangle
Footwork Fundamentals	SS/ 2B Screen plays
Fielding ground balls	IF/OF location-- pitch and count
Fielding fly balls	Putting tag on runner
Covering Bases	Peel tag technique
Double play footwork & feeds	Diving for the ball
Making stretch for force plays	Gloves & equipment together
Backing up	in dug-out area
Bunt defense (sac, squeeze, slap)	Be ready for a play after a play
Steal defense (regular, delay, double)	Every play is a critical play
1 & 3 defense	Overthrows
Cut-offs	
Relays	
Communication (mine, yours, who's in charge)	
On field positioning (pull, away, squeeze the middle)	
Infield in, Infield ½, infield back	
Pick-offs	
Shielding sun	
Appeal plays	
Decoys SS/OF	
Run - downs	
Hit and run defense	
Tagging runners / shielding the OF during tag up	
Sprinting to positions	