

THIRD 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. Pick-off coverage
10. Cut-off responsibilities
11. Backhanding the ball
12. Base positioning while taking throws from--OF/IF
13. Positioning from foul line—step and a dive
14. Flips to SS covering 3
15. Flips to 4 on bunts
16. Back up responsibilities
17. Breaking to the bag for throws from C
18. Covering the bag for steals
19. Rundown responsibilities
20. Short hops
21. Diving for the ball
22. Drop steps for fly balls
23. Blocking the sun