

# “Inside The Diamond”

Maximizing time management involving the entire team with limited resources

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## Situational Baserunning Drill ( 20 player Drill)

4-5 players per base in line

**Fundamental Note-** touch base on inside quarter with EITHER foot

2 Players at Home Plate (both go at same time)

1st Runner runs through first base (goes first)

2<sup>nd</sup> Runner runs a double ( pop up slide)

1 Player at First Base

Runs 1<sup>st</sup>-3<sup>rd</sup> ( shuffle shuffle- turn find the ball)

1 Player at Second Base

Runs 2<sup>nd</sup>- home (shuffle shuffle- hook slide at home plate)

1 Player at Third Base

Tag up at 3<sup>rd</sup> (lead, back to tag run through home plate full speed)

**NOTES-** Beginning of Practice / Coach at Mound Start Drill /Team Building/Sliding Practice



# Situational Baserunning Picture /Setup



# Situational Baserunning 5-1 Video



# Live Tee vs Live Defense

- **OF Hitters** (hitters 5 swings)

Pull Pitch/ Oppo Pitch (Move Tee)

- **Pitcher**

1 on mound-every play react toward 1<sup>st</sup> and cover 1st base if warranted (reacting to the right-side tee hitters only)

- **Defensive Players**

Left side throw to second base (PO with bucket)

Right side play to first

**Notes:** Live balls off the bat for Defense

Screen in front of mound/screen splitting home plate/screen first base line foul area for pitchers



# Live Tee vs Defense Picture



# 2 Tee Group Hitting/Defense Video



# Bunt Defense/Offense

## Runner on 1<sup>st</sup>-Runner on 2<sup>nd</sup>-Squeeze

### Man on First

- OF Bunters
- OF Bunter Stay at 1<sup>st</sup> as runners
- Coach Pitch at 30 feet
- 3B, P, 1B, C, 2B, SS Involved
- After out at 1<sup>st</sup> 2B back pick to SS
- Catchers cover third if 3B fields

### Man on Second

- OF Bunt down 3B line in ally if possible
- OF remain runners at 2<sup>nd</sup>/1<sup>st</sup>
- Coach Pitch at 30 feet
- 3<sup>rd</sup> basemen on grass/ball in ally charge/ anywhere else hold
- MIF work with coach on double play turns around the bag

### Man on Third -Squeeze

OF, SS, 2B Bunters/Runner at 3<sup>rd</sup>

3B, P, 1B, C Defenders

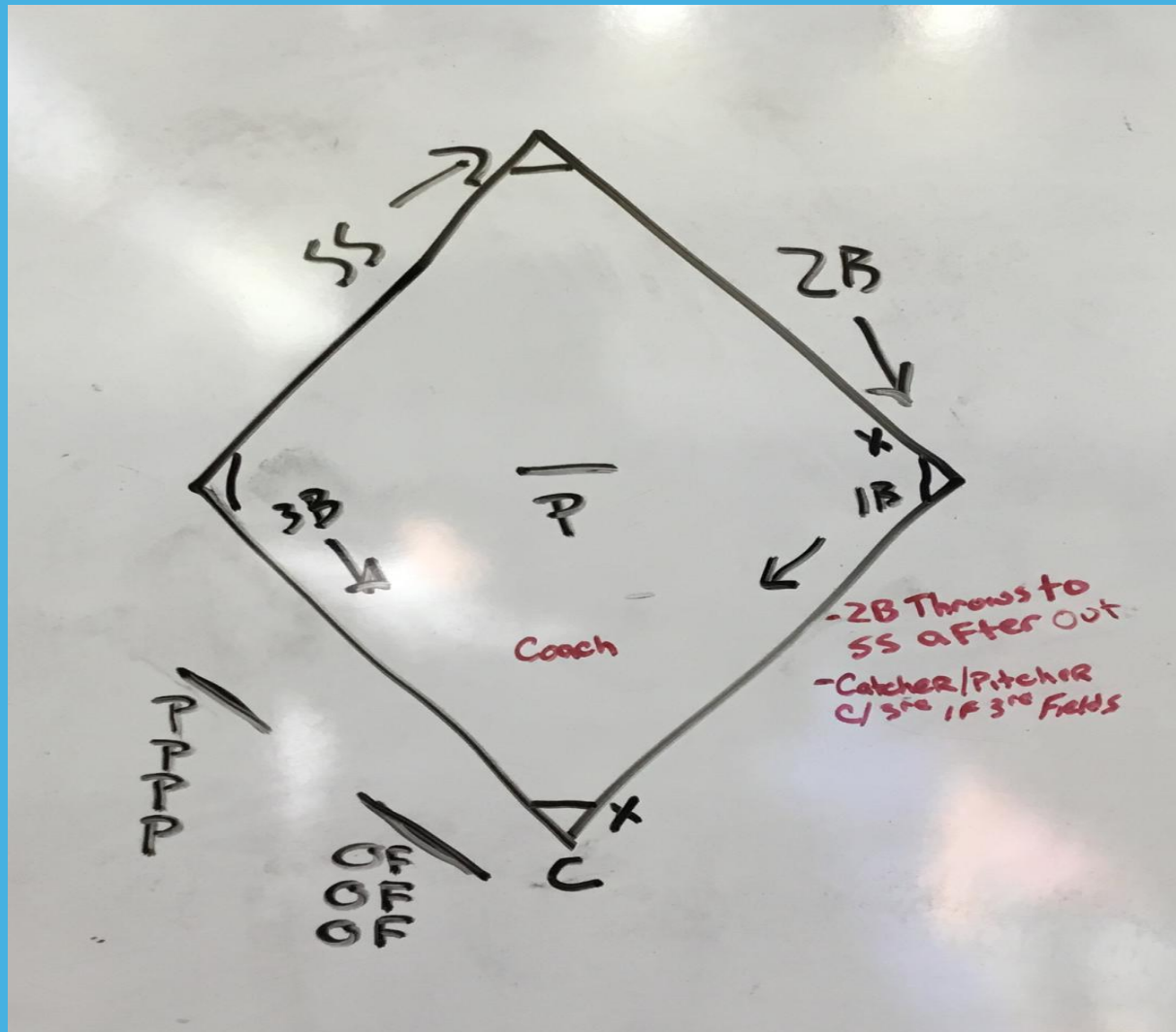
Coach Pitch at 30 feet

Competition: Sr vs Jr/Sophs point for success

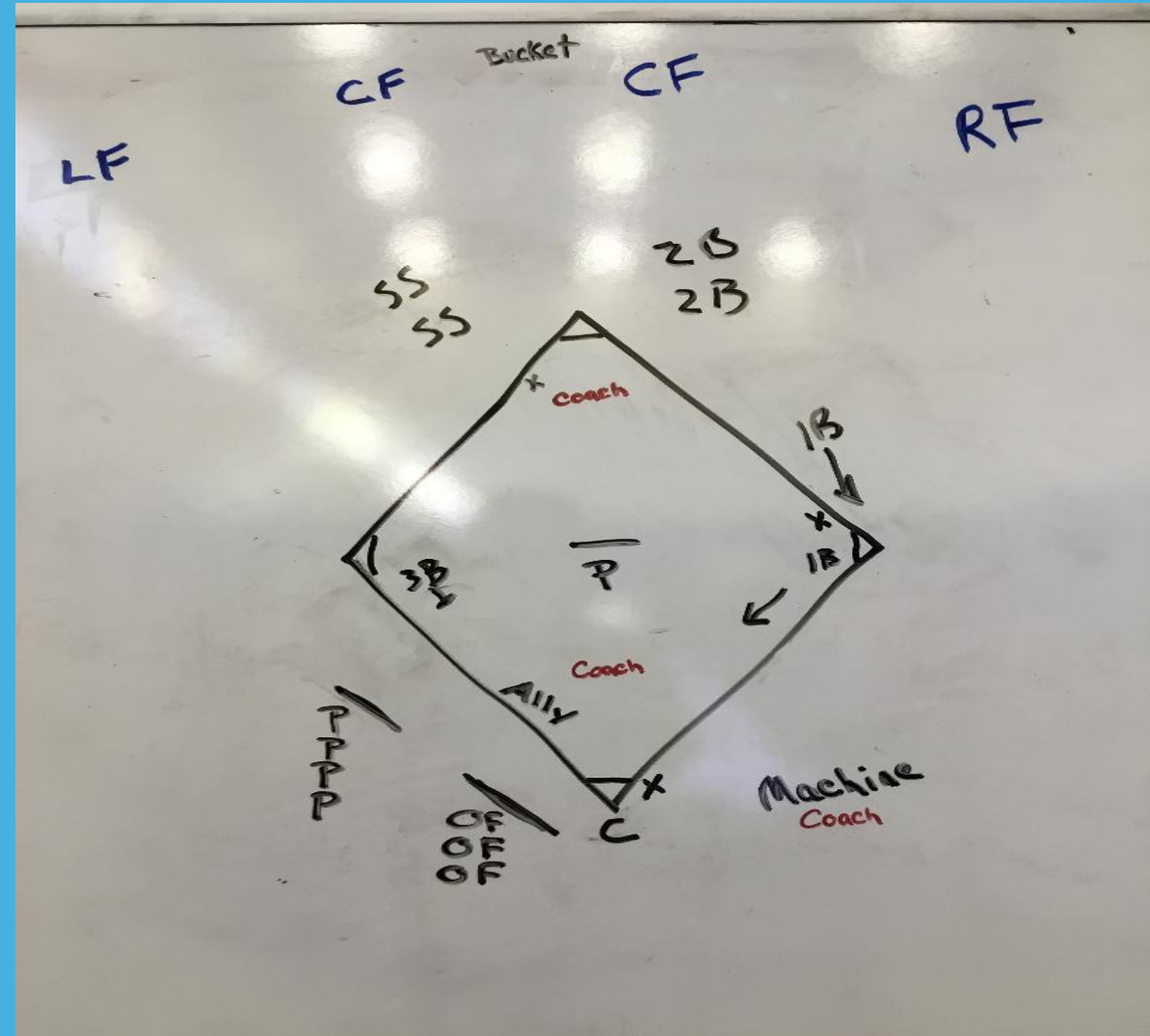
Coach Pitch or Machine - No Defense-loser has gear, field BD

# Team Bunt

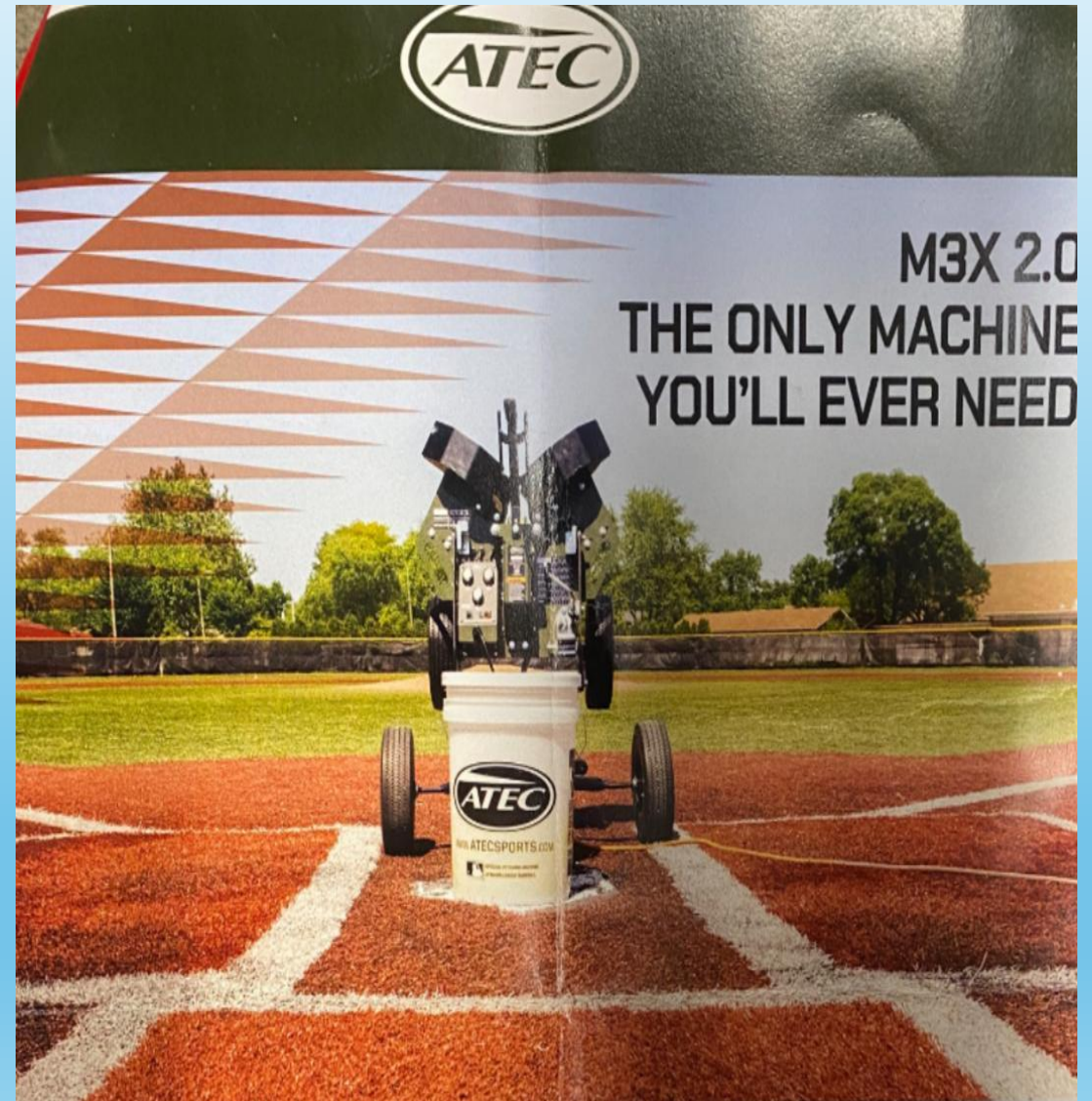
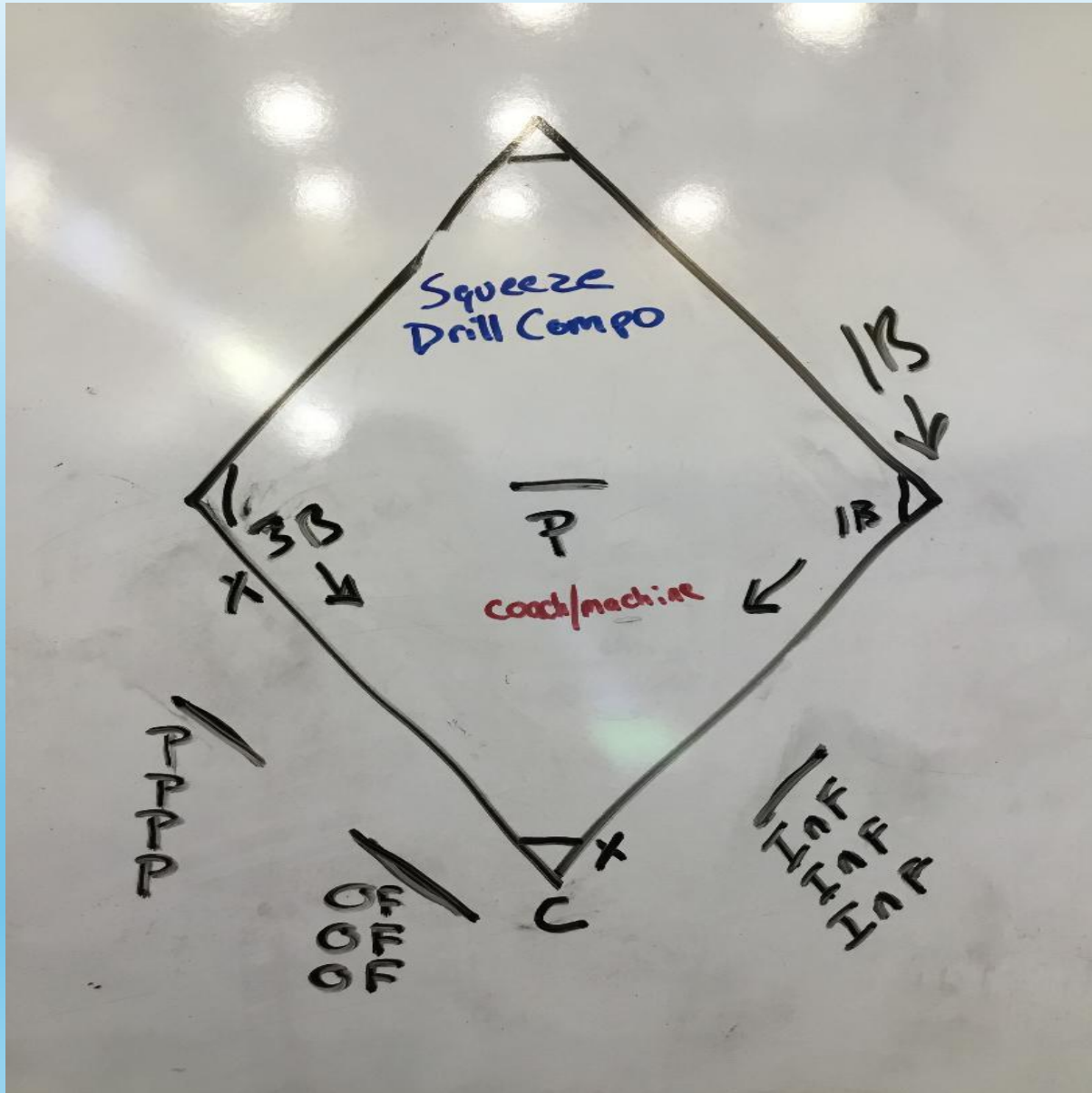
## Bunt Man on 1<sup>st</sup> Drill



## Bunt Man on 2<sup>nd</sup> Drill



# Team Squeeze Compo Drill for Equipment/Field Cleanup



# Pitcher Picks and Throws

Four Rotations at Four Bases with Four Pitching Rubbers

## Picks ( 4 Groups)

### 1<sup>st</sup> Base

- Quick spin
- Hold disrupt timing momentum steal
- In Motion

### 2<sup>nd</sup> Base

- Inside Move with SS/2B
- Spin move ( glove/hand flip)
- Infield breaks when pitcher looks away

### 3<sup>rd</sup> Base

Timing play

- 3B closer to line out of sight of 3<sup>rd</sup> base coach
- P/3B eye contact, P looks away 1001,1002 break

### Home Plate

- Work on Pitch Outs and Squeeze

**OF RUNNERS-** work on Leads, Depth, Tendencies, Momentum steals

## Pitcher Throws ( 3 groups)

- Three Catchers have a Ball
- Three Pitcher groups each have a ball
- Pitcher Throws ball at Catchers , Catcher throws a grounder at Pitcher, throw to assigned base
- 5 throws per base then rotate (complete 3 base throws)

## Pitcher Cover First ( one group)

- Pitchers on rubber make throw to Catcher
- Coach hits grounders toward first (vary speed/location)
- SS,2B,3B are runners adding pressure

## OF Defense instead of Reads with Coach

Machine balls into OF gaps over infield

2 CFs to work with LF and RF Maximize reps

Bucket in CF for ball collection TEAM BUNT SLIDE

# PFP/Picks

## 4 Pitcher Picks Drill



## 3 Pitcher Throws w/ 3 Catchers



# Team Fungo Drill

- Infielders assume Defensive Position, on grass lip
- Infielders working on pre-pitch approach and footwork (R-L-R)
- OF/C/P partner up to hit fungos to the 4 infielder positions
- 2 Hitting groups on 1<sup>st</sup>/3<sup>rd</sup> base lines on either side of the mound.
- Infielders field ball, throw ball back to hitters partner
- Hitters objective: karaoke step working hip rotation and focus to hit a 2-3 hopper directly at fielder

NOTES: Work together, Do not smoke balls at defenders!

Hitters rotate after 10 reps

GREAT WARM UP DRILL/START PRACTICE



When the  
name on the  
front succeeds,  
the name of the  
back prospers





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