

Thursday Nights Skill Series

Skills/Objectives

Throwing/Receiving

- Full throwing progression
- Throwing accurate/hard throws
- Infield v outfield throwing
- Throwing footwork
- Receiving the ball, glove placement
- Relays, receiving then throwing motion

Baserunning/Sliding

- Home to 1st (running through 1st, breakdown, rounding)
- Lead offs, pick off dive backs
- Path around the bases
- Skills on how to run faster
- Sliding (feet first slide, pop-up slide, hook slide, slide by)

Fielding

- Focus on PFPs (Perfect Fielding Positions) all moving towards throwing motion
 - Triangle straight ons
 - Step-step straight ons (charging)
 - Forehands / backhands
 - Do or dies
- Quick release throws for infielders
- Side toss

Outfield

- Drop steps/positioning/tracking/tucking glove
- Larger throwing motion
- Looking for cut offs
- Backing up Infield
- Communication, calling for the ball, calling off someone else
- Diving

Bunting (offense and defense)

- Bunting (bunt, drag, positional)
- Bunt coverage on defense

Base Specific Training

- 1B (scooping, footwork, drop 3rd, safety bag, foul ball territory)
- 2B (covering 1B and 2B, side toss, double plays, cut offs)
- SS (covering 2B and 3B, throw downs with tag, side toss, cut offs)
- 3B (throw to 1st, foul ball territory, covering a bunt, pick offs)
- Catcher (receiving throws at home and making the tag, passed balls, bunt coverage)