

## North Eugene Majors Pregame Infield/Outfield (innies n outies)

### Overview of Outfield:

2 throws to second

2 throws to third

2 throws home

### Detailed Breakdown of Outfield:

- Throws to 2nd: We will attempt to hit a ground ball in the gaps or down the line to simulate a "single, possible double situation". Our outfielders should take aggressive routes, head the ball off and throw the ball to second **without using a cut**.
- Throws to 3rd: We will try to not hit regular depth fly balls to the left fielder as a runner would never tag at second in this situation. All ground balls to the left fielder will be aiming for the left-center gap to simulate a batted ball that would allow a runner to move from first to third.
- Throws to home: We will hit one ground ball where the outfielder hits the cut off (catcher call a "cut 2" and change the direction of the ball if the coach calls for it). The second ball to the outfield may be a fly ball where outfielders "let it fly to home" and attempt to throw the runner out. This would simulate a sac fly situation **with only a runner on third**. With no other runners attempting to advance, outfielders can let it fly and try to throw the runner out **without having to hit a cut off**.

### General Tips for Outfield:

- To get the outfielders started quickly, we will hit the first ground ball to the closest outfielder (i.e. if we are in the first base dugout, hit the first ground ball to the right fielder).
- We will try **not** to hit fly balls when making throws to second base as this situation will very rarely, if ever, occur during a game.
- Outfielders..... **attack** the ball and make strong throws to the cut off (not to cut off on your throws to second and your last throw to the plate).
- All throws to second will be relayed to the third baseman after simulating a tag. The third baseman will then throw to the player (probably the catcher) who is receiving for the coach near the mound.
- We will emphasize **CLEAR COMMUNICATION** on all cuts and relays.

## Overview of basic infield:

Throw around the horn

Infield in, throw to the plate

Throw to first (ball right at infielder)

Throw to first (ball on forehand), receive a throw from catcher

Double play (ball right at fielder or to forehand)

Chopper and off

Catcher pop

## Detailed breakdown for infield:

- Around the horn: After receiving the last throw to the plate from our outfielders, the catcher will throw the ball "around the horn" including all infielders. Infielders will be playing in on the edge of the grass.
- Infield remain "in", throw to home: Catcher will finish the double play to first base on balls hit to the left side of the infield and will lay a tag when receiving throws from the right side of the infield.
- Throw to 1st (no throw from catcher): We will focus on good footwork, balance and momentum. We will attempt to hit fielders medium strength, clean hops. Catcher will field a bunt in front of the plate and throw to first. After receiving the ball from the catcher, the first baseman will throw the ball around to give catcher enough time to reset behind the plate.
- Throw to 1st (throw from catcher): We will attempt to hit the ground ball to the infielders' forehand and they will make a play to first. After making the throw to first base, the infielder will go back to the base they cover to receive a throw from the catcher (except 1<sup>st</sup> baseman). After receiving each throw, the first baseman will try to throw a strike to the catcher who will be waiting behind the plate. Have the catcher receive the ball standing. After receiving the ball the catcher will make a throw to the appropriate base. Throws to second base will come back through third base.
- Double play (ball right at the infielder): We will focus on good and appropriate types of feeds. Our first baseman will play behind the runner and turn the double play as if there are runners at first and second. Catcher will field a ball close to the plate and make a throw to second.
- Slow roller: Each infielder will get a slow roller that they will field and make a play to first. After making the throw to first we will hustle off to the dugout. We will have second baseman stay at first base to receive throw from the first baseman. We will start at regular depth and field the ball just past the mound.

- Catchers pop: A catcher's pop will finish our infield/outfield if we can pull it off....our coaches are not paid professionals.

### **General Guidelines for Infield:**

- We will hit medium speed, long hops so infielders can find their rhythm. Infielder's should be able to get a feel for the speed of the infield.
- We will hit the next ball as the last play is finishing in to keep the tempo up throughout the infield.
- Our goal is to complete your entire infield/outfield in 5-10 minutes.
- Catcher's.... take extra baseballs in your pockets in case of wild throws.

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# SINGLE TO CENTER: BASES EMPTY

P: BACK THROW TO 2ND

CF: COVER HOME

1B: COVER 1B

2B: COVER 2B & TAKE THE THROW FROM CF

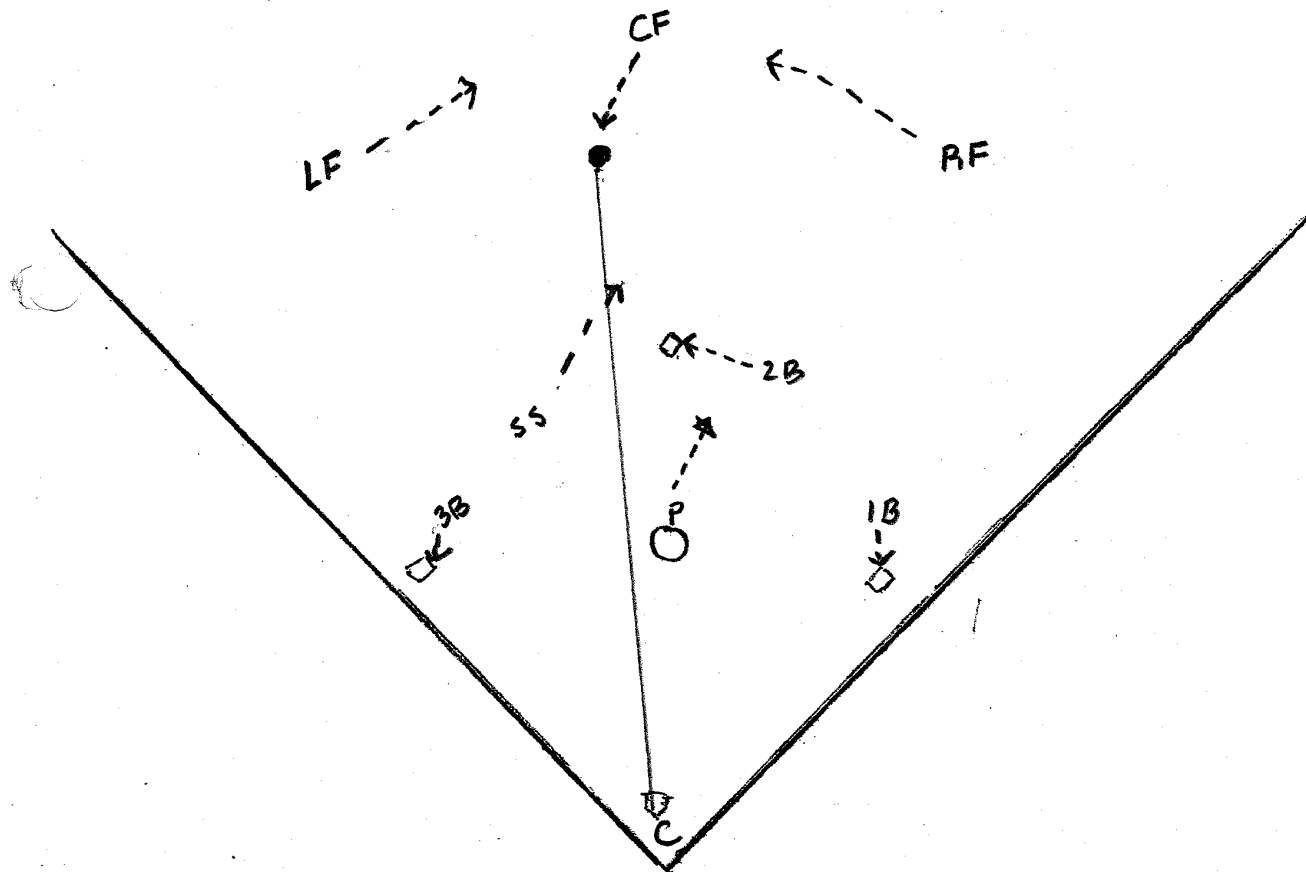
3B: COVER 3B

SS: GO TO CUT POSITION BETWEEN CF & 2B

LF: BACK UP CF

CF: FIELD BALL & THROW TO 2B

RF: BACK UP CF



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## SINGLE TO RIGHT: BASES EMPTY

P: FOLLOW THE FLIGHT & DECIDE WHERE TO BACK UP (USUALLY 2B)

C: COVER HOME

1B: COVER 1B

2B: MOVE TO CUT POSITION BETWEEN RF/2B

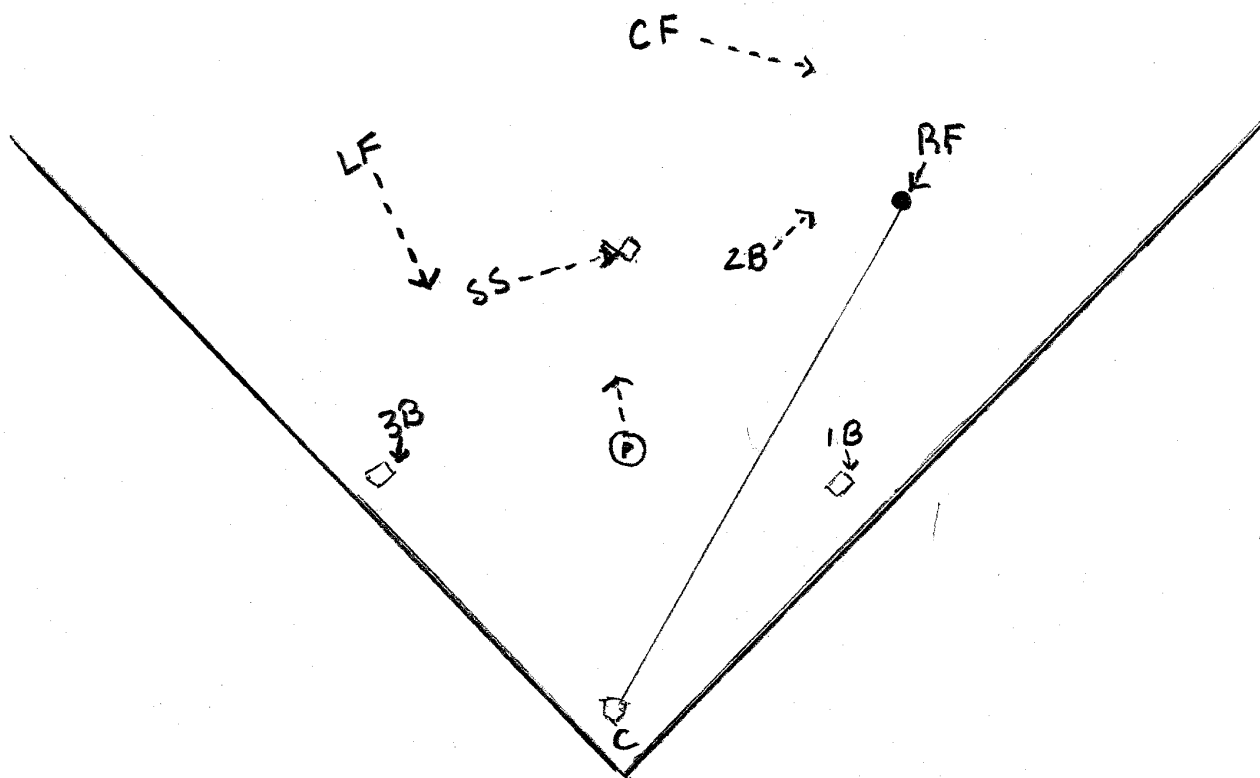
3B: COVER 3B

SS: COVER 2B

LF: MOVE TOWARD INFIELD TO BACK UP 2B

CF: MOVE TO BACK UP RF

RF: FIELD BALL & HIT LUT OFF (2ND BASEMAN)



2

# SINGLE TO LEFT: BASES EMPTY

R: BACK UP 2B

C: COVER 1B IN CASE RUNNER TAKES TOO BIG OF A TURN

○ BACKUP THROW TO 2B

2B: COVER 2B

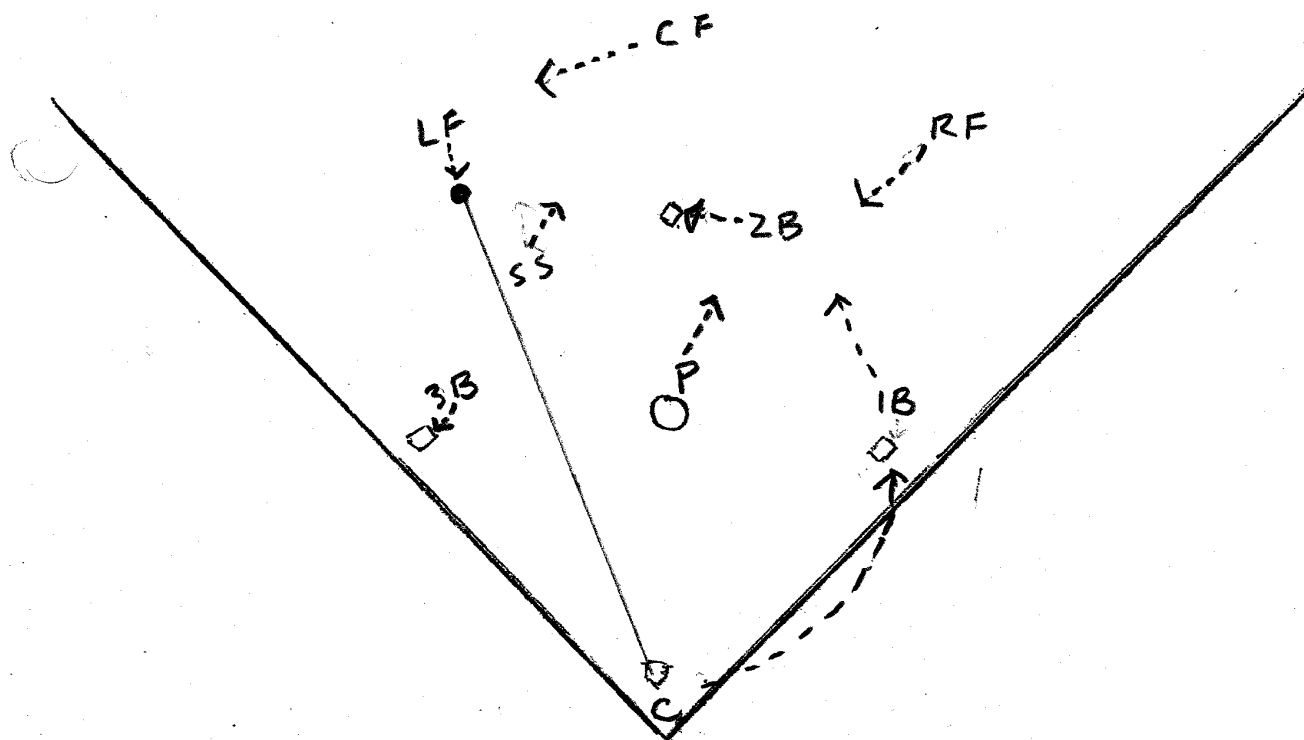
3B: COVER 3B

SS: GET TO THE CUT POSITION BETWEEN LF & 2B

LF: FIELD THE BALL & HIT THE CUT-OFF

CF: BACK UP LF

RF: BACK UP 2B



3





SINGLE TO CENTER; RUNNER ON 1ST  
OR RUNNERS ON 1ST & 3RD

P: BACK UP 3B

C: COVER HOME

1B: COVER 1B

2B: COVER 2B

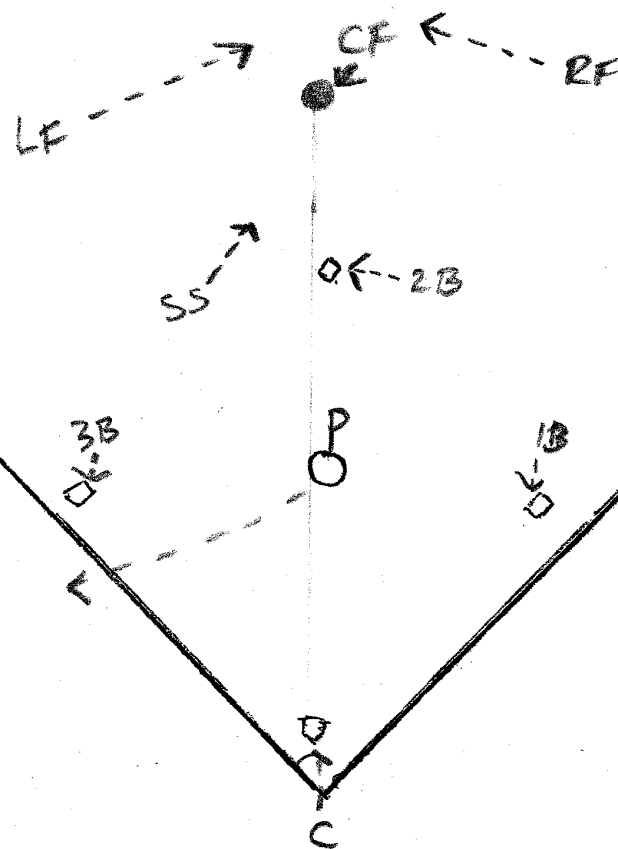
3B: COVER 3B

SS: GET TO CUT POSITION

LF: BACK UP CF

CF: FIELD BALL & HIT CUT

RF: BACK UP CF



5



SINGLE TO LEFT: RUNNER ON 2ND; 1ST & 2ND OR BASES LOADED

P: BACK UP THROW TO HOME

C: COVER HOME PLATE

1B: COVER 1B

2B: COVER 2B

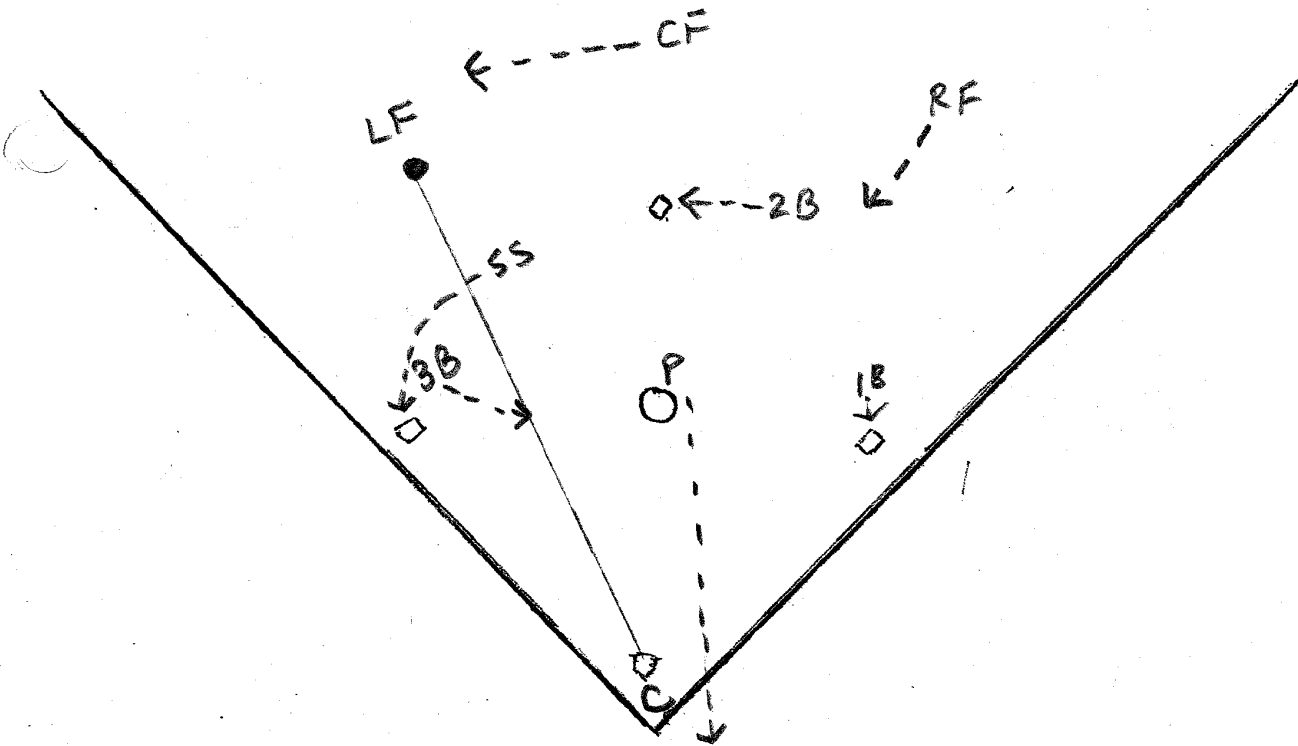
3B: TAKE CUT OFF POSITION FOR THROW TO HOME

SS: COVER 3B

LF: FIELD THE BALL & HIT CUT OFF (3B)

CF: BACK UP LF

RF: BACK UP ANY THROW TO 2B



SINGLE TO CENTER: RUNNER ON 2ND,  
1ST & 2ND, OR BASES LOADED

P: BACK UP HOMIE

C: COVER HP

1B: GET TO CUT POSITION FOR HP

2B: COVER 2B

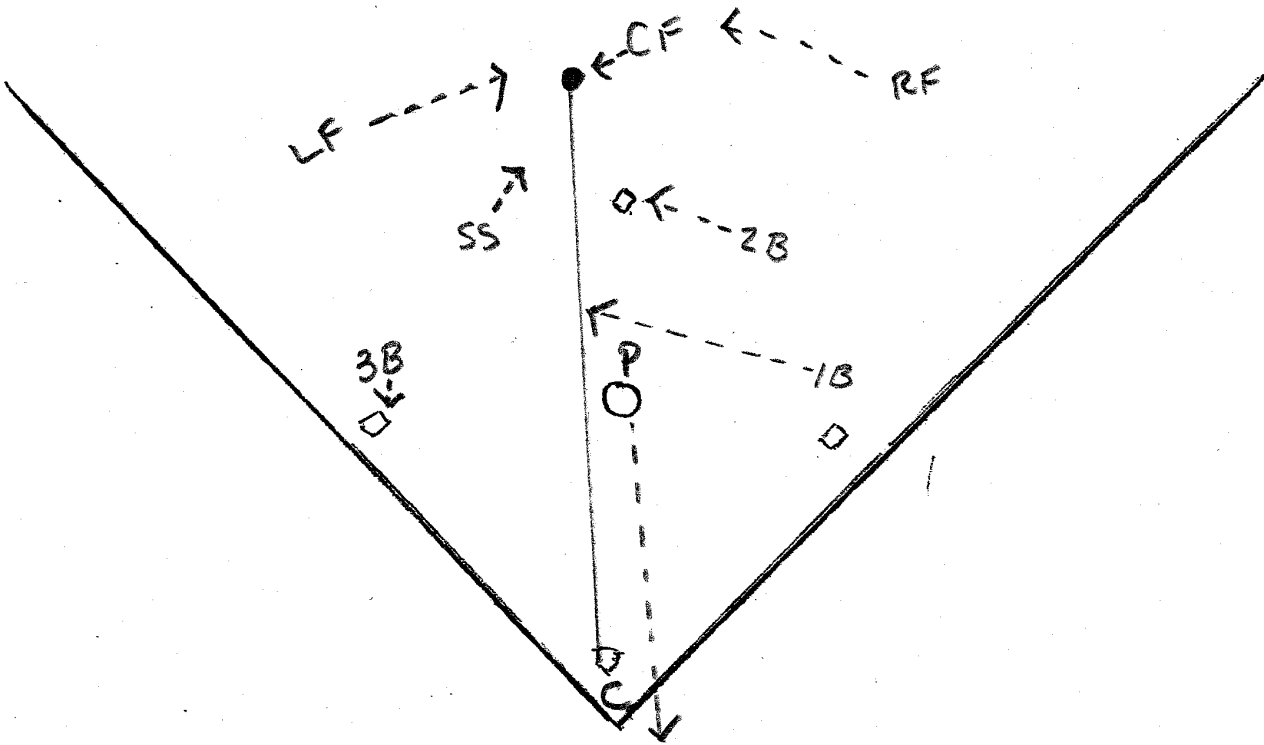
3B: COVER 3B

SS: GET TO CUT POSITION FOR 3B

LF: BACK UP CF

CFI FIELD AND LISTEN FOR CUT DIRECTION COULD BE HOME OR 32

RF: BACK UP CF



SINGLE TO RIGHT: RUNNER ON 2B,  
1B & 2B, OR BASES LOADED

P WATCH PLAY EVOLVE FROM BASELINE BACKUP BASE W/PLAY  
C COVER HOME

1B: GET TO CUT POSITION FOR HP

2B: COVER 2B

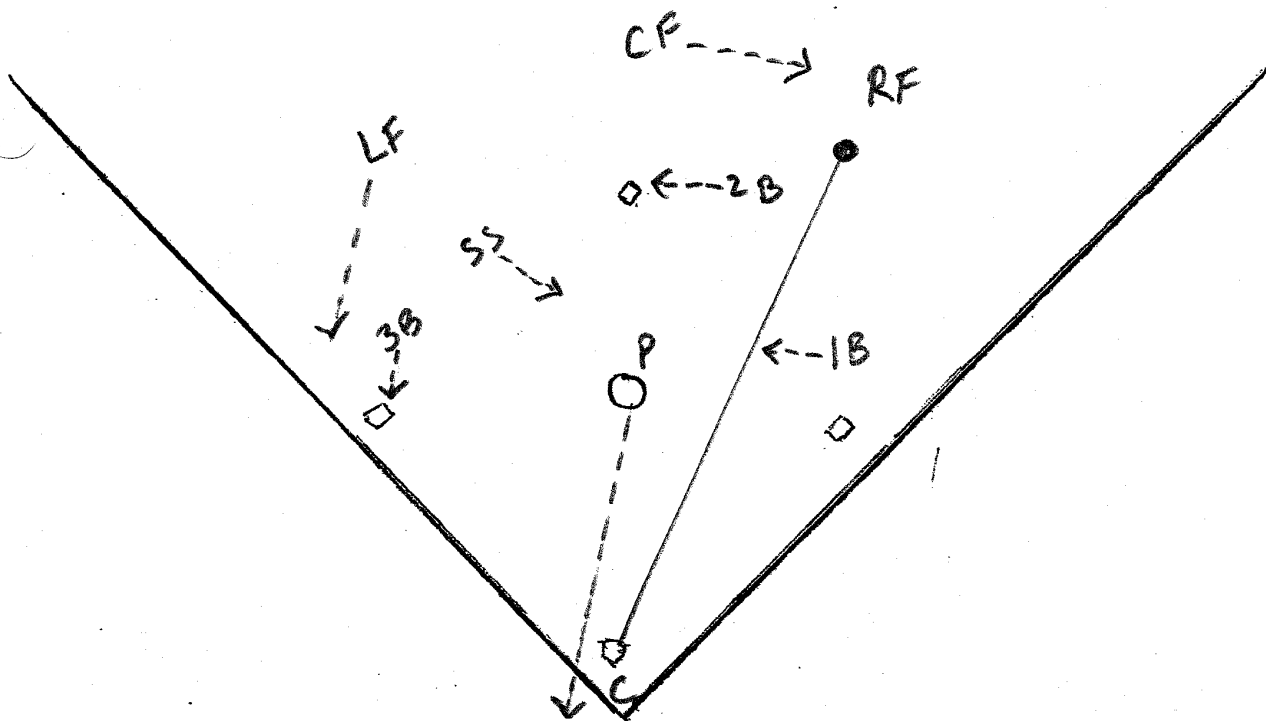
3B: COVER 3B

SS: GET TO CUT POSITION FOR 3B

LF: MOVE TOWARD 3RD FOR BACKUP

CF: BACK UP RF

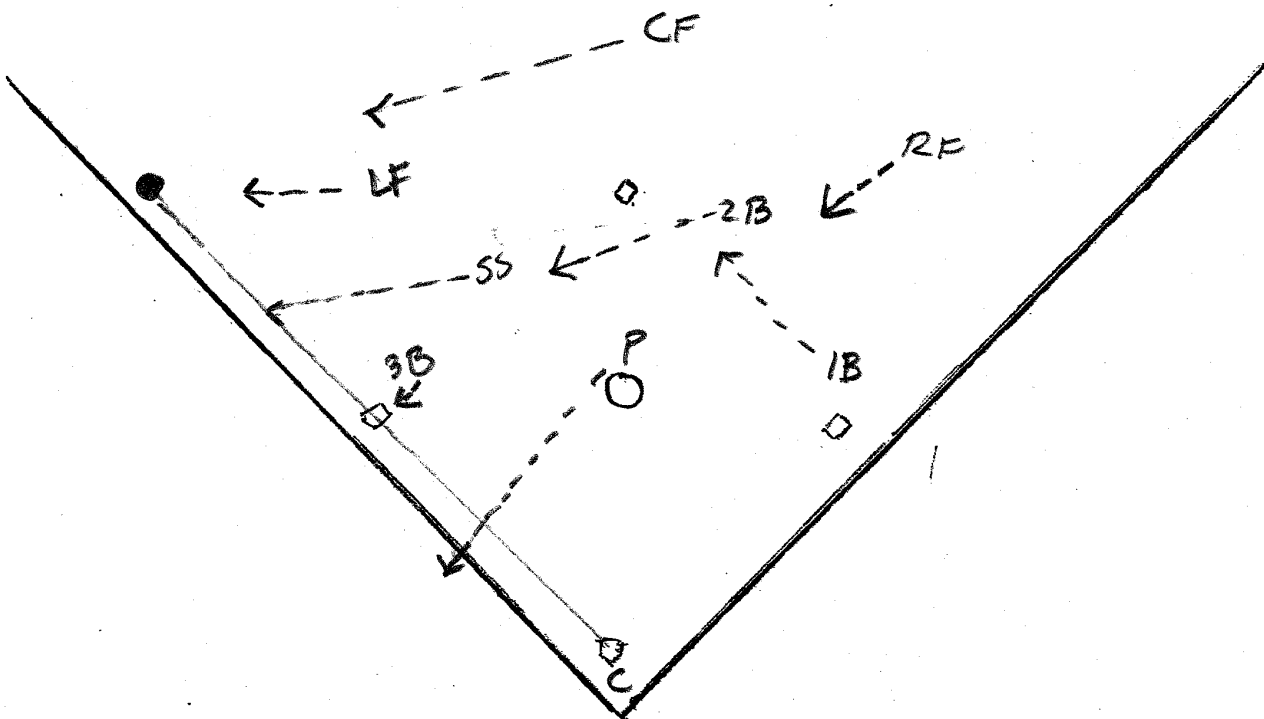
RF: FIELD THE BALL LISTEN FOR CUT DIRECTION (CF SHOULD CA



9

DOUBLE (AT LEAST) DOWN THE  
LF LINE: BASES EMPTY

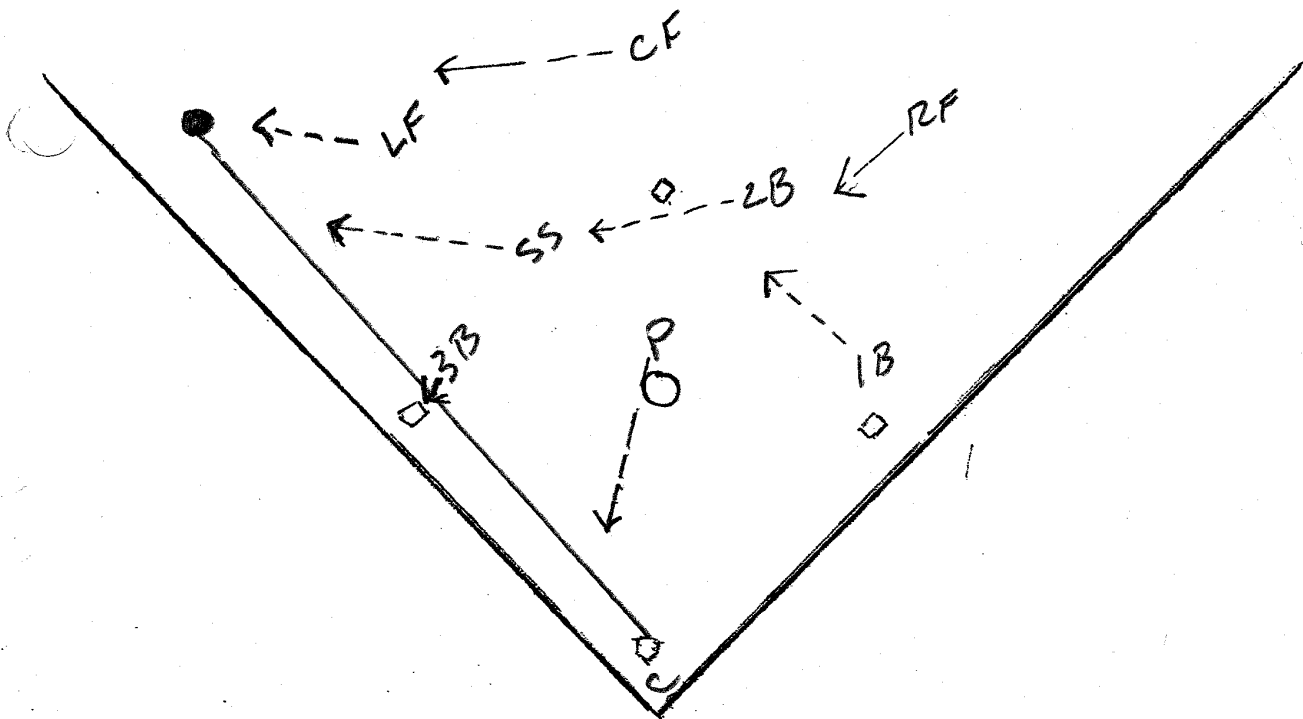
P: BACK UP 3B  
C: COVER HOME  
1B: TRAIL RUNNER TO 2B  
2B: GET TO TRAIL CUT POSITION BEHIND SS NEAR 2B  
3B: COVER 3B  
SS: GET TO CUT POSITION DOWN LF LINE  
LF: FIELD THE BALL HIT CUT OFF  
CF: BACK UP LF  
RF: BACK UP THROW TO 2B



10

# DOUBLE (AT LEAST) DOWN LEFT FIELD LINE: RUNNERS ON BASE

- P: STAND BETWEEN HP & 3B WATCH PLAY & BACK UP APPROPRIATELY
- C: COVER HOME
- 1B: TRAIL RUNNER TO 2B
- 2B: GET TO TRAIL POSITION BEHIND SS. TELL SS WHERE TO THROW
- 3B: COVER 3B
- SS: LINE UP THROW BETWEEN HP & LF - TAKE CUT OFF
- LF: FIELD BALL & HIT THE CUT OFF
- CF: BACK UP LF
- RF: BACK UP ANY THROW TO 2B



11

DOUBLE (AT LEAST) DOWN THE RF LINE:  
BASES EMPTY

P: BACK UP 3B

C: COVER HOME

1B: TRAIL THE RUNNER TO 2B

2B: GET TO CUT POSITION IN LINE W/ 3B

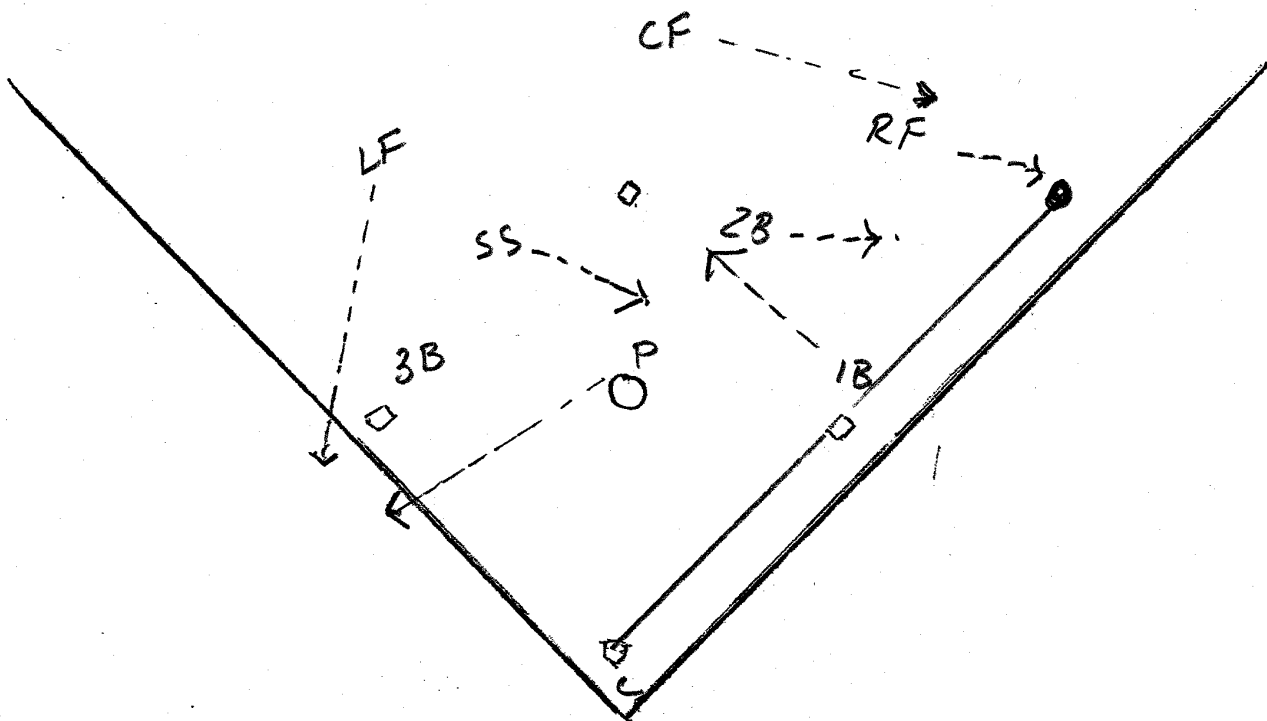
3B: COVER 3B

SS: GET TO TRAIL CUT POSITION IN LINE BEHIND 2B

LF: BACK UP 3B

CF: BACK UP RF

RF: FIELD BALL AND  $\frac{1}{2}$  HIT THE CUTOFF (2B)



12



DOUBLE (AT LEAST) DOWN THE RIGHT  
FIELD LINE; RUNNER ON BASE

P: GET TO 3B LINE & BACK UP WHERE ALAN GOES  
C: COVER HOME

C: COVER HOW?

18: TAKE CUT POSITION FOR HOME

2B: GET TO RELAY POSITION

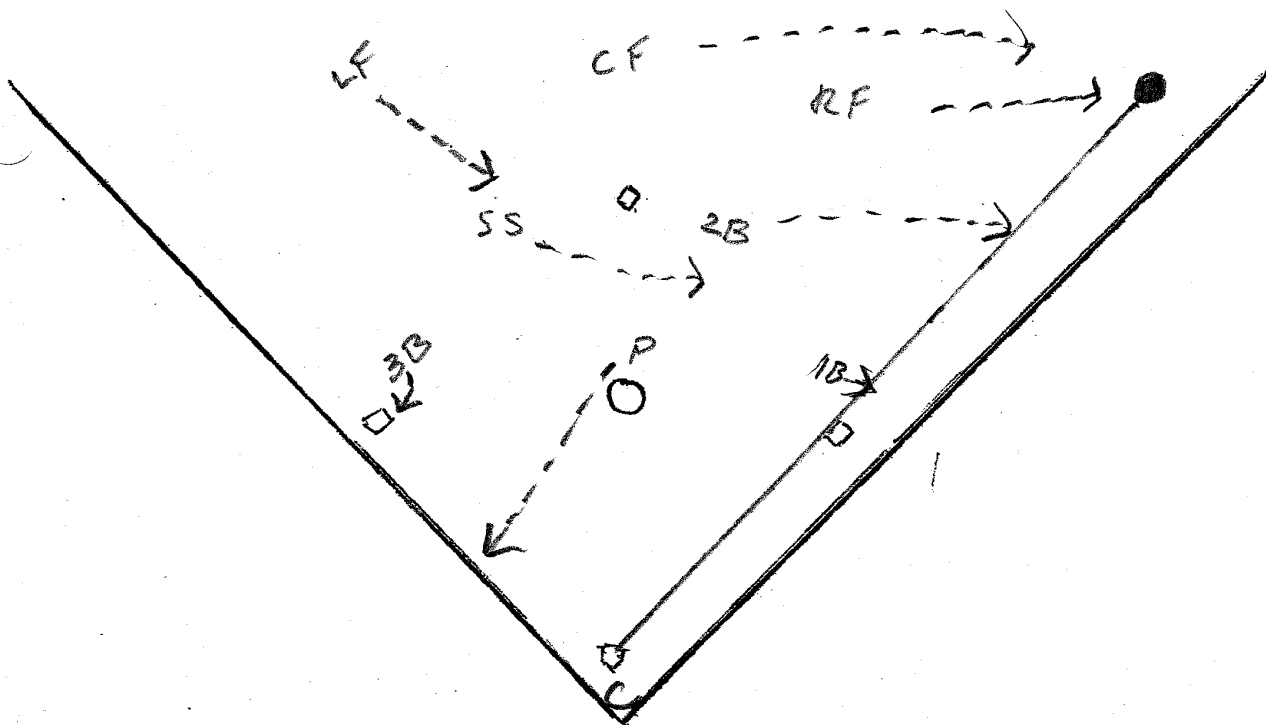
3B: COVER 3B

SS: GET TO TRAIL CUT POSITION (CALL THE RELAY)  
LF: BACK UP AND THROW TO 2B

LF: BACK UP ANY THROW TO 2B

CF: BACK UP AF

RF: FIELD THE BALL & HIT CUTOFF (2B)



13

DOUBLE (AT LEAST) INTO LEFT-CENTER  
GAP: BASES EMPTY

P: BACK UP 3B

C : COVER HOME PLATE

1B: TRAIL RUNNER TO 2B

2B: GO TO TRAIL CUT POSITION BEHIND SS

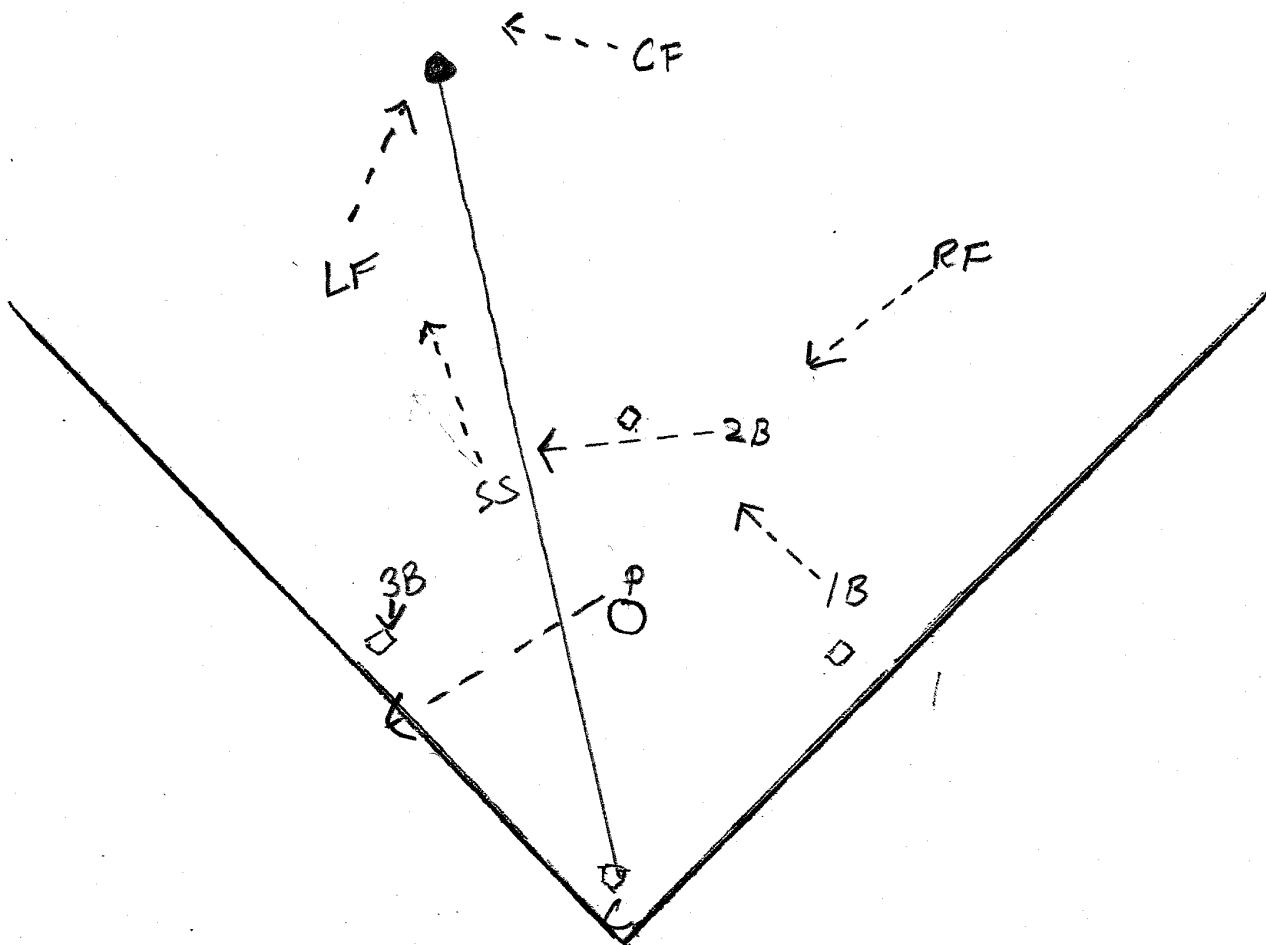
3B: COVER 3B

3B: COVER 3B  
SS: LINE UP WITH 3B. GET TO CUT OFF POSITION

LF: BACK UP CF

LF: BACK UP CF  
CF: FIELD THE BALL & HIT THE CUTOFF (SS)

RF: BACK UP ANY THROW TO 2B



14

DOUBLE (AT LEAST) IN THE LEFT CENTER  
GAP: RUNNERS ON

P: POSITION BETWEEN 3B, HP & BACK UP WHERE PLAY

C! COVER HOME

1B: GET TO INFIELD CUT POSITION

2B: GET TO TRAIL CUT POSITION

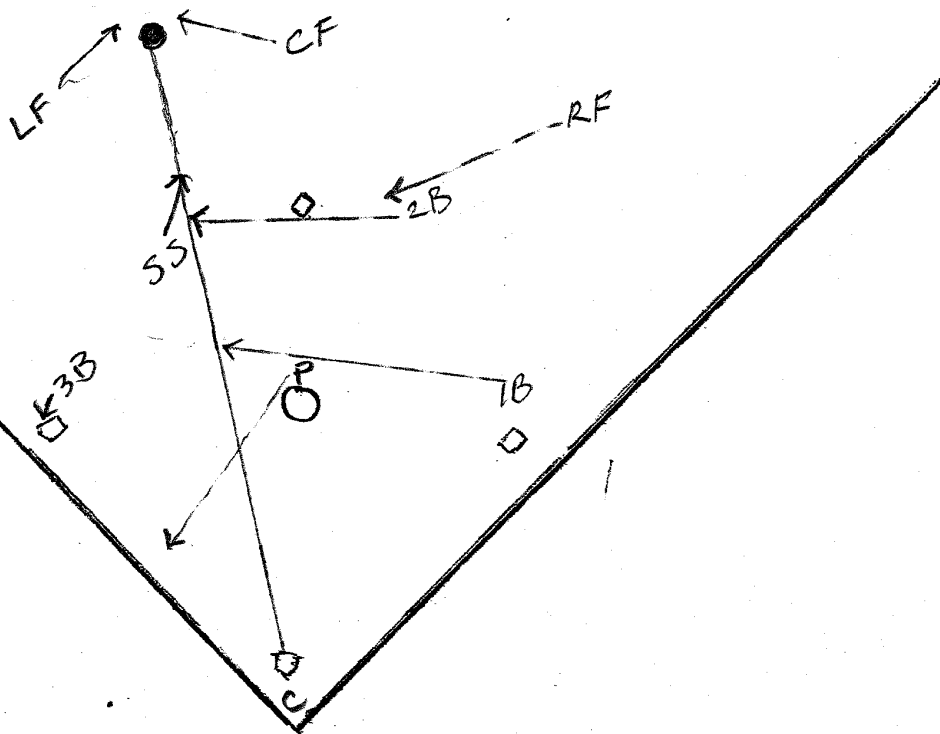
3B: COVER 3B

SS: LINE UP BETWEEN HP & BALL TAKE RELAY

LF: BACK UP CF

CF: FIELD BALL & HIT RELAY (SS)  
 RF: BACK UP

RF: BACK UP ANY THROW TO 2B



DOUBLE (AT LEAST) INTO THE RIGHT CENTER  
GAP: BASES EMPTY

P: BACK UP 3B

C: COVER HOME PLATE

1B: TRAIL RUNNER TO 2B

2B: GET TO CUT POSITION - LINE W/ 3B

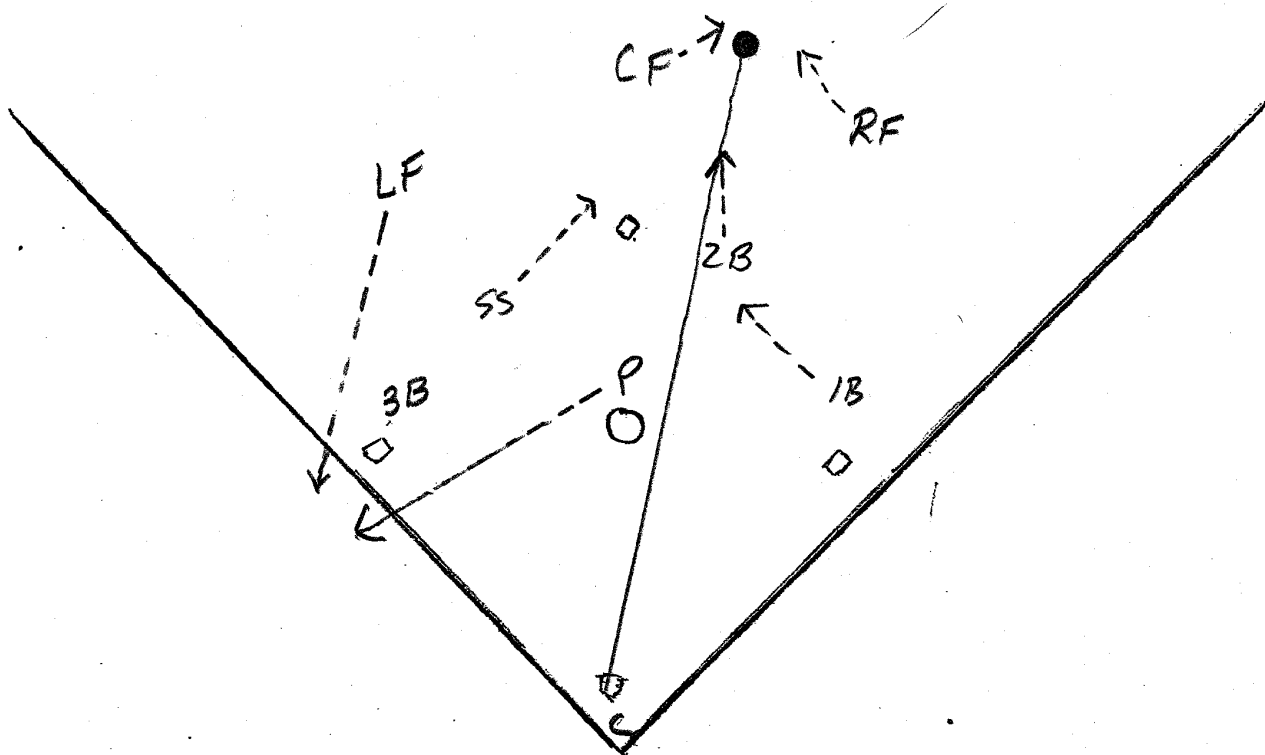
3B: COVER 3B

SS: GET TO TRAIL CUT POSITION

LF: BACK UP 3B

CF: FIELD THE BALL & HIT CUTOFF (2B)

RF: BACK UP CF



16

P: GET TO 3B-HP LINE & BACK UP WHERE PLAY GOES  
C: COVER HOME

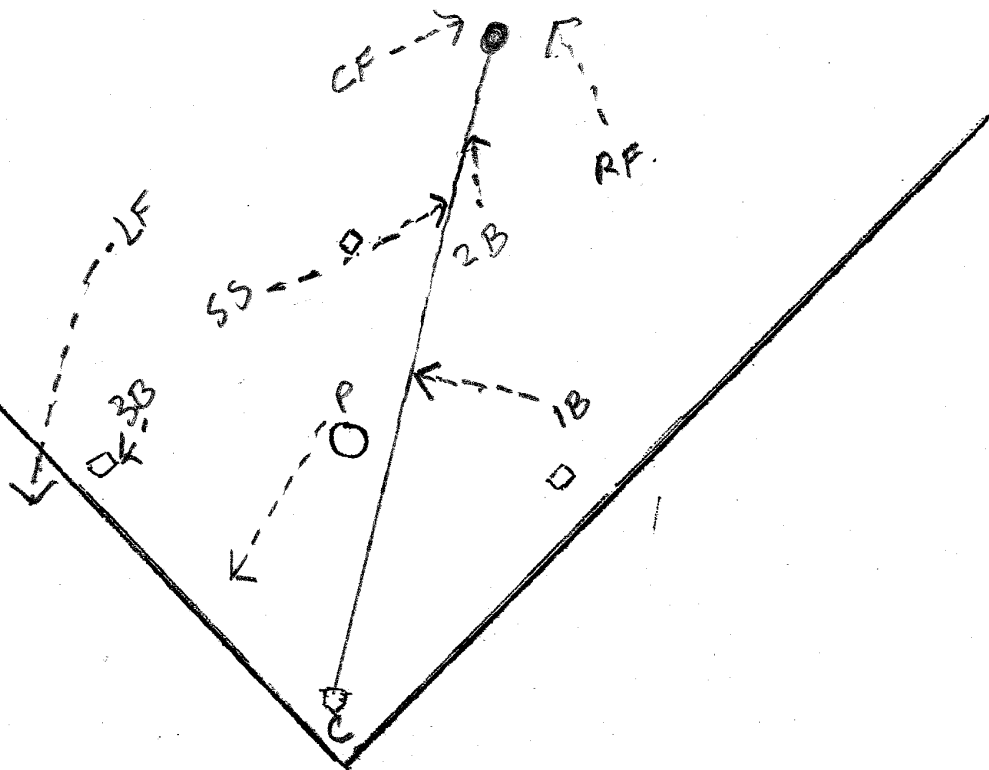
C: COVER NAME

2B: GET TO RELAY POSITION (OUTFIELD)

SS: GET TO TRAIL CUT POSITION

CF: FIELD BALL & HIT RELAY

RF: BACK UP CF



17

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## **Batting Practice When at the St. Peter Field (BP)**

### **Stations:**

#### Tee's

#### Straight on Soft Toss

#### Live Arm

### **Breakdown of Stations: 10 Min. Rotations**

- Tee's: 4 players at 4 Tee's using wiffle balls into Bullpen net. Coach will work on Mechanics of the swing with players. Work on jump back drills, inside out as well as pull drills.
- Soft Toss: Coach feeds from behind an L screen with wiffle balls. Players form a line and get **3 tosses** and rotate. Should move fast and keep the line from losing focus. Hitters should get a chance to work out the mechanics learned on the Tee's.
- Live Arm: 3 players in the field shagging. Each batter gets **5 cuts** and then rotates in order to keep things moving. Watch the clock and try to distribute AB's evenly.

### **In General:**

- We will almost always have this in our practice schedule.
- Players will pick up their stations before rotating.
- We will try to be done in 45 min.
- We will have kids hustling between stations and during station pick up in order to maximize practice time.

## Pitchers Fielding Practice (PFP's)

### Bunt Coverages:

3 down 3B Line

3 back to the Pitcher

3 on 1B base line

### Breakdown of Bunt Drills:

- 3B Line: Make sure to stay on the back leg. Push Down on ball fielded with the bare hand. Try not to throw flat footed....get momentum with footwork toward 1B if possible.
- Back to Pitcher: We will almost always make the play at 1B and take the out...unless the play is at the plate and the game is on the line.
- 1B line: Always Move toward 1B if ball is being covered by first baseman. **Never be a spectator.**

### General Rules for Bunt Coverage:

- We will almost always make the play at 1B.
- We will not charge from 3B with runners on 1B or 2B, but will charge if the bases are empty.
- 1B will only field bunts that are hit well up the line.
- We will emphasize **CLEAR COMMUNICATION** on all bunts. 1B will help by calling for flip's on short plays.

### Ground Balls back to the Pitcher:

3 throws to 1B

3 throws to 2B, then to 1B

3 throws to 3B

3 throws home ,then 1B

### Breakdown for Ground Balls to Pitcher:

- Throws to first base should be "elbow tossed" with several steps and momentum moving toward the base.



• Throw to 2B have to be worked on with shortstops in order to get timing. Throw to the base. Short will come across the base and complete the double play. This is a play the goes wrong a lot at every level.

• Throw to 3B will be a jump pivot for right handed pitchers.

• Home to first. Have first baseman call "inside" of "Outside" when the catcher makes the throw to complete the double play.

### **Ground Balls to the Right Side:**

#### 3 GB's to 1B

#### 3 GB's to 2B-1B hole

• Work on stepping back away from the back to avoid collisions on close plays and running through the back when the plays are not close.

### **NEVER BE A SPECTATOR!**

### **Pick off Moves:**

#### 3 throws to 1B

#### 3 inside move throws to 2B

#### 3 jump turn move throws to 2B

• Work on an easy throw that are just to keep the runner close and 2 pick off throws at tag levels.

• We will work on a timing play for picks at 2B.

#### Types of Picks at 2B:

##### Inside move

The inside move is a simple and quick way to keep the runner on second base honest. Most of the time, a pitcher won't be able to pick the guy using the inside move, but it is very effective for keeping him close to the base.

To perform the inside move, start your leg lift like you would deliver a pitch. At the peak of your leg lift, right before you would normally start moving towards the plate, shift your weight to the outside of your back knee, and spin your body towards your ball hand side until you are facing second base. If done correctly, you should be able to plant your left foot (for a righty) towards second base, and make a good throw.

### Jump Turn

The jump turn is performed in the opposite direction of the inside move (A right handed pitcher will spin glove side). When making the jump turn, refrain from jumping higher than necessary. This will cause you to make a slow move, and/or lose control. Only jump high enough to make turn the entire turn. When you make your jump, try to jump a bit towards the base so when you land, you are on the back side of the rubber. This will get your momentum going in the right direction, and cut down on the overall time of the play.

We will use the **Jump turn for our timing play**. We will not flash behind the runner to keep them close when we are running a play. Pitchers have to throw a catchable ball...don't throw too hard to be catchable but not too easy.

All timing plays will be called from the dugout. The details will be worked on in practice.