

Baseball Coaching Checklist

Catchers

1. Giving signs (understand/read the hitter and the count)
 - a. Finger signs (type of pitch, location)
 - b. Bunt defense (call defense)
 - c. Giving signs with a runner on 2B
2. Framing pitches and shifting weight
 - a. "Thumbs up" on inside
 - b. "Thumbs down" on outside
 - c. Receiving not stabbing
3. Proper technique for throwing and footwork
 - a. Throws to 2B
 - b. Throws to 3B
 - c. Hands and gloves
 - d. Time throws to 2B - 2.05 seconds -very good, 2.15 average, 2.25 - slow
4. Protect throwing hand
5. Blocking low pitches
 - a. Box drill
6. Tag and blocking of home plate
7. Balls in front of home plate (bunts or "nubbers")
 - a. 3B side
 - b. 1B side - communicate with first basemen
 - c. Directly in front
 - d. Never use glove for the "dead" ball, always use throwing hand to pick it up
8. Popups or foul balls
 - a. When to attempt to catch
 - b. How to catch - read the spin
 - c. Take charge of who will catch the ball
9. Intangibles
 - a. Leadership must come from the catcher
 - b. Wear many hats - pitching coach, psychologist, strategist, athlete, hitting coach

Infielders

1. Ready position
2. Ground ball technique "Close the lid" or "funnel"
 - a. Field the ball out in front of you
 - b. Wide base
 - c. Nose to the ball
 - d. Balls hit straight to the fielder, either side, and slow rollers
3. First Basemen
 - a. Soft hands - make 90% of the scoops
 - b. Footwork is the key
 - c. Pivot for double plays
 - d. Hold the runner
 - e. Cut-offs from OF

4. Second Basemen
 - a. Quickest feet on the team
 - b. Positioning before the pitch
 - c. Covering the base on steals

5. Shortstop
 - a. Best arm in the infield
 - b. Leader of the infield
 - c. Positioning before the pitch
 - d. Covering the base on steals

6. Third Basemen
 - a. Quickest reactions on the team
 - b. Slow rollers
 - c. Cuts from OF

7. SS/2B double play pivots

8. SS/2B double play feeds

Outfielders

1. Ready position

2. Anticipate - getting a jump

3. Charging and throwing of ground balls
 - a. "Crow Hop" or "Slide Step"

4. Fly balls
 - a. Drop Step
 - b. Coming in on fly balls
 - c. Catch the ball on the throwing hand side while coming in

5. Backing up bases

6. Backing up each other

7. Throwing to proper base

8. Hitting the cutoff man

9. Communication
 - a. CF always has priority
 - b. OF should catch all questionable pop-ups before infielders do
 - c. "I got it, I got it, I got it"

Pitchers

1. 5 point system
 - a. "Rocker" step
 - b. Pivot
 - c. Balance Point
 - d. Foot Strike
 - e. Follow Through

2. Change speeds and location

3. Field the position
 - a. Bunts
 - b. Cover 1B
4. Stretch Position
 - a. Hold runners on
 - b. Pick off moves
 - c. What is a balk?
 - d. Slide step
 - e. You are in control
5. Intangibles
 - a. Someone who wants the ball
 - b. The "First" Rules - First strike, First out, First Inning with no runs
 - c. Throw strikes

Team Offense

1. Signs
2. Teamwork within the lineup - setting up others for success
3. Always watch the coach
4. Success is elusive in this game - 33% of the time you will be successful - that is if you are good! Failure is inevitable.

Team Defense

1. Communicate
2. Leadership at C, SS and CF - "Strong up the middle"
3. Bunt coverages
4. 1st and 3rd situations
5. Who has the base?
6. Back up bases
7. Stay positive