



FIRST BASE KNOWLEDGE



1. Knows count, outs, situational, etc.
2. Knows how to hold runner on - foot placement, glove placement, etc.
3. Knows how to turn two on a grounder
4. Knows when to toss ball to base - lead player - when 2B/P is covering.
5. Can make a good throw to 3B
6. Understands he is the CUT on a fly ball to RF - makes a smart cut.
7. If he wont be involved in a play at 1B - he becomes secondary back-up person.
8. Learns how to catch balls while compensating for the sun
9. Is ready to play at the start of the inning
10. Knows where play is based on the hit
11. Is ready at first to receive the throw
12. Understands infield in
13. Is able to call for trailing runner pick off move
14. Knows when to HOLD runner on - and when he isn't lead runner (2B has a runner) to keep honest
15. Strides toward ball when it is thrown—do not over-stride unless necessary.
16. More than any other position—knows our rules...B—B—B.
17. When setting up as a relay man, the first baseman can take a peek back to home plate, as well as listen to the catcher, to get in line between the outfielder and catcher.
18. Knows when to hold runner on, and when to keep honest if he isn't lead runner.
19. Needs to know strength of outfielder's arm to know where to play cut position.
20. If, on the cut, the outfield throw is off line by more than three feet and/or the ball is "dying" the first baseman automatically cuts the throw.
21. Is able to position himself for a throw from the catcher on a bunt.
22. Is able to make plays when the throw is to the home plate side of 1B when throw is coming from SS, 3B.
23. Understands our bunt defense and works with it.
24. Understand on a wild pitch with a runner on third—he must run toward home plate to back up throw from catcher to pitcher.
25. Understands that he must YELL when runner on 1B is stealing second.

DRILLS to PRACTICE at HOME

- Grounders. It is imperative a first baseman knows to FIELD the ball first, and then cover 1B second.
- Play catch—work on footwork, turning two from first. Catching ball and throwing runner out at first.
- Practice tagging runners, playing fly balls in foul territory. Bunt defense.
- Practice forehand and backhand short-hop tosses.