4/5/13

Team Offense	Hitting	Team Defense	Pitchers	Catchers
1st & 3rd offense	Positive count theory	Pregame IF	First pitch strikes	Giving signs
Delay steal	Grip	Rundowns	Pickoffs	Receiving
Fake steal	Stance	Cutoffs	Bullpens	Blocking
Reading the down angle	Load	Double relays	Reading hitters	Throwing
SDS	Hit & Run	Bunt defense	Vary time in set	Bunt footwork
Leads at 1B	Bases loaded approach	1st & 3rd defense	Improve time to plate	Force at home
Leads at 2B	Quick hands	Pickoffs	Know strike zone signs	Tags at home
Leads at 3B	Two strike hitting	Defending the squeeze	Backing up bases	Pop times
Home to 1B	Runner on 3B hitting	DP footwork	Covering 1B	Bullpens
1B to 3B		Make the routine play		Reading hitters
2B to Home		Know the signs		Know strike zone signs
Tagging up		Always R-L ready		Backing up 1B
Know the signs		Always moving		
Quality at bats		Defending the delay steal		
Bunting				