



PITCHERS – DAILY VITAMINS

1. 5 Ways to Cover First
2. Comebacker – Running Technique
3. Comebacker – Backhand Technique
4. Comebacker – Double Play Feed
5. Fielding the Drag/Push
6. Pitch Signs with Catchers
7. Fundamental Signs with Catchers
8. Defensive Signs with Catchers
9. Running Game Signs with Mid-Infielders
10. Picks to First
11. Picks to Second
12. 31 Move
13. Pitchouts and Intentional Walks
14. Shadow Mechanics/Routine Development