

## 57 BASEBALL, LLC – PRACTICE ROUTINES

### LIVE DEFENSE

Live Defense is designed to be a 20-30 minute drill that allows the defense to execute several facets of the game.

- This is a defensive drill.
- The offense's job is to execute a ground ball (hit & run) to give the defense the opportunity to turn double plays or make reads on the speed of the ball and make plays at the plate.
- If the ball is hit into the outfield then it is played live, allowing the defense to throw to the proper base on balls hit to the outfield, and to work on double relays on balls in the gap or down the lines.
- If the ball is hit off the L-Screen, the pitcher will have a ball placed on the ground in front of the mound and pick it up and start the double play turn.
- As an offense, hitters are executing a hit & run on all pitches, with two pitch max per hitter.
- If the hitter takes a pitch or swings and misses all players move up.
- The runner at first base starts his secondary on front foot strike by the BP thrower, and plays the ball live off the bat.
- The runner at third base is green going in looking, watching the ground ball the whole way and if the fielders turn a double play, go in to the plate hard.
- But if the infielders throw the ball to home, stay in the rundown with the chance to move up the other runners.
- Live Defense is a competitive drill with scoring based on each team's priorities. A simple scoring system is as follows:
  - Defense Scoring
    - +5 Any Double Play
    - -5 Any Error
    - -10 Throw to the wrong base in the outfield
  - Offense Scoring
    - +1 One Point for Each Base Gained by the Base Runner
    - +1 Hard Hit Ground Ball
    - -10 Fly Ball
    - -10 Swing & Miss
  - Both Teams Scoring
    - -20 Any Bonehead Play (Doubled up on line drive, take a pitch on hit & run, etc)

### INSIDE GAME ROUTINE

Inside Game is a staple of our PFP program, combining many aspects of the work between the infielders and pitchers in a quick paced drill that can be done during a team defense period or as a pre-game infield/outfield routine. It is done as follows:

- 3-1 Cover – ground ball to the first baseman who flips it to the pitcher covering first base.
- 6 Hole – ball hit to the six hole. If the third baseman fields it then we turn the 5-4-3 double play. If the shortstop fields it then we make the 6-5 force play at third base.
- 4 Hole – ball hit to the four hole. If the first baseman fields it then we turn the 3-6-1 double play. If the second baseman fields it then we make the 4-1 force at first base.
- 1-6-3 Double Play – ball hit to the pitcher who starts the 1-6-3 double play.
- 1-4-3 Double Play – ball hit to the pitcher who starts the 1-4-3 double play.
- 1-2-3 Double Play – ball hit to the pitcher who starts the 1-2-3 double play.
- 2-6-3 Double Play – bunt in front of the plate and the catcher goes lead out to second base and starts the 2-6-3 double play.
- 3-6-1 Double Play – ball hit to first baseman that carries him away from the bag and he starts the 3-6-1 double play.
- Jam It – Infield shifts heavily to the pull side of the hitter, with the middle infielder off set of second base. Ball hit to the pull side and the infield works to turn the 5-6-3 double play, the or the 3-4-1 double play.
- Drag – pitcher and third baseman communicate on the drag bunt and make the play 1-3 or 5-3
- Push – pitcher and first baseman communicate on the push bunt and make the play 1-3, 1-4, or 3-4

**RUNNING GAME** – We use running game during team defense period to allow pitchers to work on their picks and holds with the defense, the catchers can work on their receiving and throwing to bases, and the base runners can work on their leads and steal techniques. Typically a new arm every stolen base attempt. Pitchers will pick 2-5 times before going to the plate. 3-5 arms per period makes this a 10-15 minute drill.

- Hot runner on first base
  - Pitcher will do a specific number of skills that we use to defend the running game (pick, slide step, pitch out, hold, etc.).

- Pitcher will follow the script.
- Pitcher will pitch until the script is complete.
- Runner steals on every pitch to pick up the pace of the drill.
- Runners at 2b practice stealing 3b.
- Runners at 3b practice 31 offensive plays.
- Hot runner at second base
  - Establish a max look to baserunner.
  - Pitcher can use an inside move, daylight pick, or a timing/predetermined pick.
  - Pitcher throws two strikes to the plate then rotate to next situation.
  - Baserunner tries to steal 3b on every pitch following technique guidelines.
  - Baserunner must try to get back safely on pick play.
  - Runner at 1b can straight steal as if they are the only runner, or they can base their decision on the guy in front of them.
  - Runner at 3b practices 31 offense.
- Hot runner at third base
  - Runners at 1<sup>st</sup> and 3<sup>rd</sup> practice 31 offense against 31 defense
  - Runners at 1<sup>st</sup> will a) straight steal, b) delay steal, and c) leave early.
  - Runners at 2b practice stealing 3b using technique taught.
  - Pitcher throws two strikes then is done. Next pitcher comes in and starts with hot runner at 1b.

**LITTLE GAME** – Little Game is a team defense drill we do to get the hitters to bunt the ball and the infielders to play defense against the bunt. It is done with a pitcher. Pitchers switch after one full round of bunts. Usually 10-15 minutes with 2-3 pitchers.

- Drag – Nobody On
  - Bunter stays at 1b
- Push – Nobody On
  - Bunter stays at 1b
- Sac Bunt – Runner @1b - Out
  - Bunter moves to 2<sup>nd</sup> base
  - Runner at 1<sup>st</sup> base moves to 3<sup>rd</sup> base
- Sac Bunt – Runner @1b – Lead Out
  - Bunter moves to 2<sup>nd</sup> base
  - Runner at 1<sup>st</sup> base moves to 3<sup>rd</sup> base
- Sac Bunt – Runner @2b - Out
  - Bunter stays at 1<sup>st</sup> base
  - Runner moves to Home
- Sac Bunt – Runner @1b & 2b – Lead Out
  - Bunter stays at 1<sup>st</sup> base
  - Runner at 1<sup>st</sup> base moves to 3<sup>rd</sup>
  - Runner at 2<sup>nd</sup> base moves to Home
- Safety – Runner @1b & 3b
  - Bunter comes back to Home
  - Runner at 3<sup>rd</sup> base moves to Home
  - Runner at 1<sup>st</sup> base moves moves to Home
- Suicide – Runner @3b
  - All come home after play
- Suicide – Runner @3b – Valentine Play
  - All come home after play

**SMALL BALL SCRIMMAGE** – a scrimmage where the players are only allowed to bunt to reach base and score points

- Start every inning with runner at 1b
- First base is 80' away from home

- All other bases, and runner taking lead, are on the 90' bases
- Runners and fielders must start in an area designated
- Machine is located behind the mound
- Defense can't charge until the bunt is shown
- Pitcher is in normal landing area on natural side of mound
- Outfielders can play shallow and back up all plays
- Point System:

- 2 Foul Balls and You Are Out = +2 (Other Team)
- Base Hit Bunt, Safe = +2
- Ball Bunted In Triangle = +1
- Popped Up Bunt = +2 (Other Team)
- Move Runner = +1
- Run Scores = +3
- Defense Gets Lead Runner = +3
- Error on Defense = +2 (OT)
- Mental Error = +2 (OT)
- Non-Hustle = +2 (OT)

### **RUNDOWN SERIES**

The Rundown Series is performed as needed in practice, but typically we try to execute it 1-2 times a week in the weeks leading up to our first game, then about once a week during the game portion of our season. We set aside 15-20 minutes of practice time, spending about 5 minutes for each series. Pitchers will go out in groups of 3, however only one pitcher will go at a time using the top of the mound. This is a great way to execute game situations with rundowns or long throws. Use outfielders as runners.

- **RUNDOWN - FUNGO SERIES**

- Runner at First Base (Do one of these)
  - Groundball to 1<sup>st</sup> Base
    - Touch bag and throw to 2<sup>nd</sup> base
    - Runner stops and gets in a run down
  - Groundball to Left Field
    - Team manager throws to cutoff (3<sup>rd</sup> Baseman) from left field when runner touches first base.
    - Thirdbaseman redirects ball to 2<sup>nd</sup> base
    - Runner starts about 10' short of 1<sup>st</sup> base and acts as if he just hit a single to LF and is heading to 2<sup>nd</sup> base on the throw to home. Gets in a rundown once he reads throw to 2<sup>nd</sup> base.
  - Groundball to Right Field
    - Team manager throws to cutoff (1<sup>st</sup> Baseman) from right field when runner touches first base.
    - Firstbaseman redirects to 2<sup>nd</sup> base
    - Runner starts about 10' short of 1<sup>st</sup> base and acts as if he just hit a single to LF and is heading to 2<sup>nd</sup> base on the throw to home. Gets in a rundown once he reads throw to 2<sup>nd</sup> base.
- Runner at 2<sup>nd</sup> Base
  - Comebacker to the pitcher
  - Runner gets in a rundown
- Runner at 3<sup>rd</sup> Base
  - Infielders play in
  - Groundball to an infielder who throws ball to the plate
  - Runner is green going in looking so he can get in a rundown

- **RUNDOWN - PICK SERIES**

- Runner at 1<sup>st</sup> Base
  - RHP 31 Move with throw to 2<sup>nd</sup> base
  - Runner at 1<sup>st</sup> takes off on 31 move and gets in a rundown
  - Make the out quickly to avoid the runner at 3<sup>rd</sup> from scoring (2 out execution)
- Runner at 2<sup>nd</sup> Base
  - Pitcher performs inside move to 2<sup>nd</sup> base
  - Runner takes off on leg lift then gets in a rundown.
- Runner at 3<sup>rd</sup> Base (Do One of These)
  - 31 Defense Full Arm Fake
    - Pitcher throws home to the catcher

- Catcher full arm fakes to 2<sup>nd</sup> and catches runner at 3<sup>rd</sup> base
- Runner takes off on full arm fake then gets in a rundown.
- Squeeze Play
  - Pitcher throws pitchout to the plate
  - Runner breaks for home as in a squeeze play
  - Catcher starts rundown back to third base

- **LONG THROW - PICK SERIES**

- Runner at 1<sup>st</sup> Base
  - LHP good move to 1<sup>st</sup> base
  - Runner goes on first movement and tries to steal 2<sup>nd</sup> base
  - 1<sup>st</sup> baseman makes long throw to 2<sup>nd</sup> base (SS covering) for out
- Runner at 2<sup>nd</sup> Base
  - Pitcher executes spin move to 2<sup>nd</sup> base with shortstop or 2<sup>nd</sup> baseman
  - Runner takes off on first rhythm and tries to steal 3<sup>rd</sup> base
  - MIF makes long throw to 3<sup>rd</sup> base for out
- Runner at 3<sup>rd</sup> Base
  - 31 Defense Snap Throw to 3<sup>rd</sup> Base
  - Pitcher throws to catcher at home plate
  - Runner takes hard secondary and dives back to 3<sup>rd</sup> base
  - Catcher makes a snap throw to 3<sup>rd</sup> base for out.

