



## EDLEFSEN BASEBALL

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## BASEBALL DEFENSIVE ROUTINES

### GENERAL

1. Think ahead and get into set position before pitch. Follow the ball always.
2. Do not let up, no matter what if you are ahead or behind!
3. All cut-offs and relays will be verbal. TALK!
4. Play the wind and the sun. Everyone is playing in the same conditions
5. When warming up, play catch in same direction **IN THE OUTFIELD.**
6. Charge ground balls.
7. Hustle to the bench and back to the field. **DON'T WALK ON THE BASEBALL FIELD.**
8. Always catch the ball with two hands; you learn to get rid of it faster.
9. On run-down plays, make the runner start running to a base, use no throws or one throw and tag. Throw on glove side of fielder.
10. Back up bases at least 30 feet on all throws. All fielders have back up responsibilities. Do not stand still.

11. Always throw with the proper throwing mechanics
12. When a runner steals, everyone yells, "THERE HE GOES! Or RUNNER," especially the bench. Bench must stay engaged!
13. When fielding a ground ball, do not stand up to throw – stay low in an athletic position
14. Do not be afraid to get your uniform dirty.
15. To lessen the chances of bad hops, infielders keep the dirt smooth in front of you.
16. All balls past or over outfielders are tandem or double cut plays.
17. When a teammate is running to a fence, communicate how much room he has.
18. With a ball hit to the outfield and runners on base, infielders should ask for time when ball gets back to infield.
19. Know all the types of pickoffs and position responsibilities.
20. Infielders should knock down grounders and keep ball in the infield – especially with runners on base.
21. Have a short memory. Do not follow one mistake with another (this means follow one error with another).
22. Pay attention to the batters and their swings. This determines where you should play. Example: If the batter never hits homeruns, outfielders should not play deep. Constantly be making adjustments.
23. Let a batted ball roll foul if you have no play, push it out to be sure once does go foul.
24. Outfielders get the ball back to the infield as soon as possible. Throw to your cutoff man

## **CATCHER**

1. Always give a good target and stay low unless calling for a high fastball. Move the target – do not give a fastball down the middle on a 0-2 count.
2. Block balls in the dirt by using your glove and body (drop to 2 knees). Chest forward and angled. Do not turn your head.
3. Catcher is the only player seeing the whole field – take charge
4. Cover 3<sup>rd</sup> if pitcher and 3<sup>rd</sup> baseman go after a bunt.
5. Give 2 signs – one for pitch and one for location.
6. With no one on base and a single to the outfield, follow the runner to 1<sup>st</sup> base.
7. With no one on base and a ground ball to the infield, back up 1<sup>st</sup> base.
8. With runners on 1<sup>st</sup> and 3<sup>rd</sup>, make sure everyone knows what defensive play is on. Throw to 2nd, throw to 3<sup>rd</sup>, throw to pitcher, or hold ball (depending on the score).
9. Call all pop-ups in the infield (infielders name or position). Infielders have priority if the call for the ball.

10. Block plate, after you receive the throw! Catch ball to front to plate.
11. General: turn your back to the infield on all pop flies. The rotation of the ball tends to angle back to infield.
12. Have low targets on change ups and breaking balls. Do not set up location of pitch to soon in order to not let the opposing team know.
13. Do not throw off speed pitches to batters who cannot fastballs.
14. If a pitcher is not throwing a particular pitch for strikes, go with a secondary pitch
15. Dropped 3<sup>rd</sup> strikes, depending on the location of the ball, go out of line (inside or outside) to throw to 1st. Let the first baseman know by yelling INSIDE OR OUTSIDE, so he knows where to position himself to receive the throw.
16. Do not get in the habit of lobbing the ball back to the pitcher.
17. Throw hard to 2nd on 1st and 3rd situation.
18. Past ball and wild pitches – always hustle after the ball
19. Help teammates foul ball by the fence – indicating how much room they have.
20. Call plays to a base early enough for throw. Catcher sees everything – be loud.
21. Do not be afraid use daylight pickoffs to bases.
22. Do not set up to close or too far away from the batter.

## **PITCHER**

1. Know all the pickoff moves and signs. Review before the game and between innings.
2. Do not cross up catcher on pitches – throw the pitch you agreed to throw.
3. Point and tell the catcher where all the passed balls and wild pitches are.
4. Do not throw a change-up to a poor hitter!
5. With runners on base, vary your 'looks' to the bases and vary your timing to pitch to home.
6. Learn to hide the ball from the batter as long as possible. The latter the batter sees the ball the harder it is for him to hit.
7. Throw changeups and breaking balls down in the zone.
8. Throw hard to bases on pickoffs, no lobbing.
9. Infielders have priorities on pop flies.
10. Pitchers must be good fielders - practice as much as possible.
11. Break to first base on anything hit to the right side, be ready to cover the base.
12. Do not get beat on an 0-2 count usually pitch high and tight or low and away - make it a pitcher's pitch.
13. Pitch outs should be chest high, away from the plate, and fast; practice them.
14. Do not worry about runner if you have good lead, but do not be reckless – get outs.

15. Listen to catcher on bunt - pick up and throw to where catcher tells you to throw. Be vocal on all plays between you and the first and third basemen.
16. Work on lead-off batter – set the tone for the inning.
17. On pick-off plays, turn, look, and throw.
18. On double play situations, check to see if the 2<sup>nd</sup> base or shortstop is going to cover the base on a comeback ground ball before you pitch.
19. Good pitchers have a determined and resilient attitude. Keep your self-control.

## **FIRST BASE**

1. Communicate
2. Cut-off man on throws from right field and center field to home plate.
3. Charge a drag bunt.
4. With a man of first and a bunt situation, hold the runner and break to home when the pitcher delivers the pitch.
5. With a runner on 1<sup>st</sup> base and 2<sup>nd</sup> base - DO NOT HOLD the runner on 1<sup>st</sup> base
6. Block bad throws – do not let balls get by you
7. Know timed pickoffs with men on first and second with pitcher and the catcher.
8. Get together with pitcher and catcher on pick-off before games.
9. Yell when runners are stealing
10. Field balls hit to your right – pitcher will cover first.
11. Follow (run after) all underhand throws to the pitcher covering first base.
12. First base has priority on pop ups between first and home. Help the catcher with all foul balls near the fence on the right side.
13. Let bunted ball go foul if you do not have a play.

## **SECOND BASE**

1. Communicate
2. Cover 2<sup>nd</sup> base on 1<sup>st</sup> and 3<sup>rd</sup> steals
3. With men on base, back-up catcher throws back to pitcher
4. On pick-off and possible double plays, move up and a little closer the 2<sup>nd</sup> base
5. Know your footwork – use either foot around second base according to the situation and where the throw is coming from. Make your momentum go to first base.
6. Straddle the bag on tag plays, use sweep tag
7. Cut-off man on hits to right and right center.
8. Relay man on balls thru right and right center.

9. Do not commit yourself before throws on double play.
10. Priority on pop flies over 1st baseman.
11. Use decoy on double plays when other team hits and runs.
12. Keep runners close, but do not stand on second base – you are not a 1<sup>st</sup> baseman. Do not be afraid to use your pickoffs.
13. Know who is covering 2<sup>nd</sup> base (you or the SS) on steals, pickoffs, or comebacks to the pitcher

## **THIRD BASE**

1. Communicate
2. Be quick (charge) on squeeze play.
3. Get together with pitchers on pickoffs before game and between innings.
4. Help on 1st and 3rd steals, yell, RUNNER!
5. Has priority on pop-ups between 3rd and home; help catcher on foul fence balls on your side.
6. Warn pitcher on suicide squeezes.
7. Take your time on all hard hits to 3<sup>rd</sup> and make a good throw.
8. Stay low on balls hit slowly to you, throw off right foot.
9. Cut off anything you can get hit to your left.
10. Throw from your fielding position on double plays – stay low – do not stand up to throw
11. Knock down anything you can – stop the ball from going into the outfield.
12. Let bunts go foul if you do not have a play.

## **SHORTSTOP**

1. Communicate
2. Either shortstop or 2<sup>nd</sup> baseman cover 2<sup>nd</sup> base on pop flies that the other calls for
3. 1st and 3rd steal, the same as regular steal play, and then cut throw off. Know who is covering the base
4. Pickoffs to 1st, you cover 2nd base.
5. Get together with pitchers on pickoffs before games and between innings
6. Move up and in on pickoffs and double plays
7. Cut off on balls to left and center.
8. Relay on hits to left and left center.
9. Priority on fly balls over 3<sup>rd</sup> baseman
10. Use double cut (tandem) relay with second baseman
11. Work with 2<sup>nd</sup> baseman on holding runners close to 2<sup>nd</sup> base (switch off)

12. Do not be afraid to use pickoffs
13. Know who is covering 2nd base (you or the SS) on steals, pickoffs, or comebacks to the pitcher

## OUTFIELD

1. Communicate
2. Work on 'crow hop' throws
3. Watch all infield throws by angle and back up all throws and potential throws. Do not stand still
4. Do not let ground balls get by you
5. Know the situation and play it safe or go all in on balls hit your way
6. Catch fly balls on run when throwing to a base - over throwing hand shoulder.
7. Do not hold ball in the outfield, get rid of it fast.
8. Have handle on ball before throwing, try to get a 4-seam grip.
9. Center fielder has priority on fly-balls to his right and left. Take charge!
10. Catch balls with two hands if possible.
11. Watch out for bounce on sliced balls to opposite fields. Back up other outfielders.
12. Center fielder is captain of outfield.
13. Know condition of field being played on before game starts.
14. Outfielders have priority over infielders on fly balls.
15. Pick up ball with bare hand at fence if it is stopped rolling, then turn, look, and throw to relay man.
16. Talk to each other on all fence fly balls. 10 feet from the fence.
17. Do not back-peddle on fly balls. Use drop step and run. Square yourself, if you can, when you get to where the ball is dropping
18. Learn to use sunglasses and play the sun. Sunglasses do not work (they may look cool) upside down and on the brim of your cap.