

Position Descriptions

PITCHER

Qualities: Hard-worker, mentally tough, coachable (able to quickly self-correct based on feedback)

Arm Strength: Above Average (younger ages); Below Average to Average (older ages)

Mobility: Above Average (younger ages); Below Average to Average (older ages)

Responsibilities: Pitching, backing up 3rd base, bunt coverage, cover home on a steal from 3rd, cut-off on relays from outfield (younger ages)

Drills:

<u>PITCHERS</u>			
-Fielding ground balls to your left and right			
-Mechanics of bunt coverage and throws			
-Pop Ups			
-Wild pitch coverage at the plate			
-Pointing up to the side of a pop up to the catcher			
-Covering first base on ground ball			
-Backing up third and home plate on throws from the outfield			
-Work with catchers on intentional walks			

FIRST BASE

Qualities: Usually taller, large wing-span, good catcher (hand-eye coordination)

Arm Strength: Below Average - Average

Mobility: Below Average

Responsibilities: 1st base, bunt coverage, cut-off on relays from CF/RF, pickoffs from C.

Drills:

<u>FIRST BASE</u>			
-Stretch			
-Tag out for runner off the bag			
-Scoop			
-Back hand ground balls (short hops)			
-Pick off by catcher (footwork to get back to bag)			
-Bunt coverage			
-Foul pop ups near the fence/dugout			

SECOND BASE

Qualities: very good infielder, quick, accurate thrower, understands defense situations well.

Arm Strength: Below Average to Average

Mobility: Average to Above Average.

Responsibilities: 2nd base, covering steals, double plays, cutoff on relays, backup P/1B, bunt coverage

Drills:

<u>SECOND BASE</u>			
-Tag out at bag			
-Three pivots to 2B (double play feed)			
-Double play from SS at bag			
-Back hand ground balls			
-Pop ups between infield and outfield			
-Cut off play steal with runner on 1st and 3rd			
-Diving to catch ground balls			

THIRD BASE

Qualities: good infielder, good reaction time, strong

Arm Strength: Above Average

Mobility: Below Average - Average

Responsibilities: 3rd base, covering steals, cutoff on relays from LF, bunt coverage, pickoffs from C.

Drills:

<u>THIRD BASE</u>	
-Tag outs at bag	
-Back hand ground ball on the line	
-Ground ball to your left in front of SS	
-Bunt pick up and throw 1B, 2B, 3B	
-Diving to catch a ground ball	
-Foul pop ups near the fence/dugout	

SHORTSTOP

Qualities: very good infielder, super athletic, leader, quick,

Arm Strength: Above Average

Mobility: Above Average

Responsibilities: 2nd base, covering steals, cutoff on relays from LF, bunt coverage, backup 3rd /P

Drills:

<u>SHORTSTOP</u>	
-Back hand ground balls	
-Slap tag at 2B	
-Feed to 2b on double play	
-Pop ups between infield and outfield	
-Ground balls in hole, pivot and throw	
-Diving to catch ground ball	
-Cut off play on steal runners on 1st and 3rd	

CATCHER

Qualities: good all-around athlete, smart, student of the game, quick, mentally tough

Arm Strength: Average - Above Average

Mobility: Average - Above Average

Responsibilities: Home, Managing the pitcher, First and third situation, bunt coverage, backup 1st, base stealing

Drills:

<u>CATCHER</u>	
-Framing strikes	
-Scoop dirt pitches	
-Block and tag at plate	
-Wild pitches	
-Pop outs in front of plate	
-Pop outs near backstop	
-Bad pitch inside & outside	
-Steal throw mechanics at 2nd and 3rd base	
-Pickoff throws runners on 1st and 3rd	

OUTFIELD

Qualities: great at tracking the ball off the bat, much better at catching fly balls than infielders, good reaction time.

Arm Strength: Average - Above Average

Mobility: Average - Above Average

Responsibilities: Covering outfield, backing each other up and backing up the bases.

Misc: Require RF to have a stronger arm because there are more opportunities at throwing out runners at 1B.

Drills:

<u>OUTFIELD</u>			
-Side to side range			
-Up and back range			
-One down on ground ball			
-Crow hopping / slide step			
-Backing each other up and bases			
-Tweeners in the gaps			
-Coordination between infield, outfield, on short fly ball			
-Diving to catch a ball			
-Diving to cut off a ball going to the gap			