

TIME TO LEARN

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 1st Base
 - Touch bag and throw to 2nd base
 - Runner stops and gets in a run down
 - Groundball to Left Field
 - Team manager throws to cutoff (3rd Baseman) from left field when runner touches first base.
 - Thirdbaseman redirects ball to 2nd base
 - Runner starts about 10' short of 1st base and acts as if he just hit a single to LF and is heading to 2nd base on the throw to home. Gets in a rundown once he reads throw to 2nd base.
 - Groundball to Right Field
 - Team manager throws to cutoff (1st Baseman) from right field when runner touches first base.
 - Firstbaseman redirects to 2nd base
 - Runner starts about 10' short of 1st base and acts as if he just hit a single to LF and is heading to 2nd base on the throw to home. Gets in a rundown once he reads throw to 2nd base.
- Runner at 2nd Base
 - Comebacker to the pitcher
 - Runner gets in a rundown
- Runner at 3rd 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 1st Base
 - RHP 31 Move with throw to 2nd base
 - Runner at 1st takes off on 31 move and gets in a rundown
 - Make the out quickly to avoid the runner at 3rd from scoring (2 out execution)
- Runner at 2nd Base
 - Pitcher performs inside move to 2nd base
 - Runner takes off on leg lift then gets in a rundown.
- Runner at 3rd Base (Do One of These)
 - 31 Defense Full Arm Fake
 - Pitcher throws home to the catcher
 - Catcher full arm fakes to 2nd and catches runner at 3rd 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 1st Base
 - LHP good move to 1st base
 - Runner goes on first movement and tries to steal 2nd base
 - 1st baseman makes long throw to 2nd base (SS covering) for out
- Runner at 2nd Base
 - Pitcher executes spin move to 2nd base with shortstop or 2nd baseman
 - Runner takes off on first rhythm and tries to steal 3rd base
 - MIF makes long throw to 3rd base for out
- Runner at 3rd Base

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- 31 Defense Snap Throw to 3rd Base
- Pitcher throws to catcher at home plate
- Runner takes hard secondary and dives back to 3rd base
- Catcher makes a snap throw to 3rd base for out.

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 1st and 3rd practice 31 offense against 31 defense
 - Runners at 1st 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

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