

PITCHER'S FIELDING PRACTICE (PFP) - ROUTINES

ROUTINE #1 - FIVE WAYS TO COVER FIRSTBASE

- A. Banana - No One On
- B. Banana - Runner on Base
- C. Banana - Bobbled Baseball
- D. Straight Line - Slow Roller
- E. Straight Line - Double Play

ROUTINE #2 - COMEBACKER - PLAYS AT FIRST

- A. Running Technique
- B. Backhand Plays
- C. Bobbled Ball Plays
- D. Check 'Em Go to One

ROUTINE #3 - COMEBACKER - DOUBLE PLAY FEEDS

- A. 1-6-3 Double Play
- B. 1-4-3 Double Play
- C. 1-2-3 Double Play

ROUTINE #4 - BUNT PLAYS - RUNNER AT FIRSTBASE

- A. Runner at First base - Out
- B. Runner at First base - Lead Out
- C. Runner at First base – Pick

ROUTINE #5 - BUNT PLAYS - RUNNER AT SECONDBASE

- A. Runner at Second base - Out
- B. Runner at Second base - Lead Out
- C. Runner at Second base - Pick

ROUTINE #6 - BUNT PLAYS - DRAG PUSH SAFETY SQUEEZE

- A. Drag
- B. Push
- C. Safety / Squeeze
- D. Valentine Play

ROUTINE #7 - RUNNING GAME - BASIC PICKS

- A. Good / Great Move
- B. Hold and Pick / Hold and Pitch
- C. Pick From Signs
- D. Best Move to First
- E. Step Off Move / Pitch Up
- F. Hold to Time Out / Pitch Out

ROUTINE #8 - RUNNING GAME - SPECIALITY PICKS/PLAYS

- A. Inside Move to Second
- B. Spin Move to Second
- C. Cover Home
- D. Intentional Walk

ROUTINE #9 - 31 DEFENSES

- A. Runner at First - Priority
- B. Runner at Third – Priority