



## EDLEFSEN BASEBALL

### Contact Us:

**Brad Edlefsen**  
**612-810-3295**

[Brad@edlefsenenterprises.com](mailto:Brad@edlefsenenterprises.com)

**Steven Edlefsen**  
**952-250-8409**

[stevenedlefsen@gmail.com](mailto:stevenedlefsen@gmail.com)

<https://bradedlefsen.com/edlefsen-baseball-academy>

## BASEBALL OFFENSIVE ROUTINES

### GENERAL

1. Do not be afraid to hold team meetings without coaches. Build camaraderie.
2. Do not be satisfied – always strive to improve!
3. HUSTLE! always.
4. Exercise the way you play, all out!
5. Think ahead! Know what to do.
6. Game situation drills should be taken seriously, even by those not on the field.
7. When behind, pull for each other, the same as when you are ahead. Do not quit.
8. Pick up signs after every pitch (base runner and batter).
9. Play pepper to sharpen fielding and handling of bat.
10. Wear baseball cap always when on field and wear it properly. Do not throw bats.
11. Bench - stay awake, help on steals, hidden balls, signs, etc.

## **ON DECK MAN**

1. Look at pitcher, study him, become mentally ready to hit.
2. On a play at home, remove bat from play - tell runner to slide or stand, use voice, and hand signals. Do not fall asleep by not helping the runner!
3. Help hitter - encourage him.
4. Make sure the batter after you man is ready.

## **COACHES JOBS**

1. Make everyone aware of wind, field conditions, and ground rules
2. With two runners running, pick-up 2<sup>nd</sup> man as soon as 1st has passed you. Help him!
3. Third base coach helps on fly ball tag plays.
4. First base coach watches pitcher for pick-off moves.
5. First base coach watches first baseman with two or three on base.
6. First base coach tells the runner to "dig it out" or take turn when coming to the base, or to slide on bad throws.
7. First base coach has a signal to tell/remind the runner that there is a sign on.
8. Third base coach watches the shortstop with man on 2<sup>nd</sup>. If the runner on 2<sup>nd</sup> has an initial lead, and the shortstop just does a 'fake' (not a full speed pickoff attempt), do not yell back. Remember, the runner's job is to have his momentum going toward 3<sup>rd</sup> base, not back to second. If the runner's momentum is leaning back to 2<sup>nd</sup> base, the shortstop has just done his job.
9. Both coaches responsible for hidden ball trick. Runners should only lead off when the pitcher gets on rubber.
10. Give signs, always look for indicator (Batter or runner).
11. All coaches should watch cut-off man.
12. All coaches should know fielder's arms, do this by observing pre-game drills and scouting.
13. Both coaches know how many outs there are and tell runners often.

## BATTER

1. Be an offensive hitter with less than two strikes.
2. Be a defensive hitter with two strikes, put ball in play!
3. Be in balance. Out of balance batters have only a half a plate to work with.
4. A batter has six offensive options he should master:
  - a. Hit away
  - b. Hit and run (opposites)
  - c. Fake bunt and hit (slash)
  - d. Drag bunt
  - e. Sacrifice bunt
  - f. Push bunt
5. Learn signs. Do not look away before coach finishes his routine.
6. Do not stay in box on fouls balls.
7. On hit and run plays, always swing, no matter where the pitch is, unless it is ridiculous - protect the runner(s)
8. Run on dropped third strike, no matter how many are out, just to draw throw. \*By rule, not with 1<sup>st</sup> base occupied with less than 2 outs.
9. On safety squeeze, drop bat away from baseline to protect the runner.
10. 1st and 2nd, no outs, bunt harder to third. If right-handed first baseman, who is not charging – can put to 1<sup>st</sup> base side.
11. Don't disobey coaches' signs.
12. Take a strike when first two batters are out on two pitches. Do not let pitcher get 3 outs on 3 pitches.
13. Take a strike when behind when the coach so orders it.
14. Try to hit where the ball is pitched –i.e., outside pitches hit to the right side
15. Do not let a bad at-bat affect your defensive play.
16. With no outs, 0-0 count and a steal situation, do not swing (may fake bunt and pull the bat back)
17. Bunt strikes only except on suicides!
18. Batter MUST bunt ball on suicide squeeze.
19. If the batter is ahead of the pitcher on first two strikes, then the role reverses from an aggressive to a defensive situation.
20. When taking, do not change stance! Taking a pitch is a great time to track the pitch and work on timing.
21. Make the pitcher come to you when ahead in the count – do not swing at a bad pitch.
22. Check indicator/signs after every pitch – the situation might have changed.
23. Know your strike zone.

24. Follow through on swings – do not stop the swing on contact.
25. On a two strike pitch, swing at close pitches – try to put the ball in play.
26. Stand a little forward in the box when bunting - so it will not go foul.
27. When on 2<sup>nd</sup> base (no runner on 1<sup>st</sup> base), advance to 3<sup>rd</sup> base on all balls hit to right side of the field. Not on balls hit at or to the right of the shortstop
28. Run hard on all pop flies – it might be dropped

## **BASE RUNNERS**

1. Return to the base after every pitch, look at coach.
2. When being sacrificed, get a good secondary lead, and run as ball is going down to the ground. Make sure the ball is not popped in the air and will not be caught.
3. Do not leave base until pitcher steps on rubber and coach finishes giving signs.
4. Lead off at second base, look at second baseman and pitcher, (coach takes short stop)
5. Know how many outs there are, go on anything with two out. Even with 2 outs and you are the runner on 2<sup>nd</sup> base, if the ball is hit to or to the right of the shortstop, do not advance to 3<sup>rd</sup> base if that will be the only play the shortstop will have.
6. Know your footwork and how to lead off every base.
7. On 1<sup>st</sup> and 3<sup>rd</sup> situations, GO home when ball goes OVER pitcher's head. The man on first either goes to second or- goes half-way and draws throw. Man on third breaks when pitcher makes a throw, or it goes over his head from the catcher. Know all keys to all plays.
8. Walk off third in foul territory, go back in baseline, if pitcher is in a wind-up.
9. If you are caught in a rundown, stay caught as long as possible. If a defensive player without the ball is in the baseline, try to make contact with the player – it should be ruled interference and you will be awarded the next base.
10. If the runner that is ahead of you is caught in a run down, advance as far as possible.
11. Know your primary and secondary leads off each base.
12. If on second base, try to advance to 3<sup>rd</sup> base on a throw to first base.
13. If you are the runner on 1<sup>st</sup> base on double play situations, make a good slide into 2<sup>nd</sup> base to break up the double play possibility - make it a clean slide, keep spikes low.
14. Listen to coach on tag-up fly balls. Tag up on **ALL** pop fly foul balls.
15. Hustle on all pop flies with two outs.
16. When running to 1<sup>st</sup> base, pick up coach at 1<sup>st</sup> as soon as possible.
17. If a pitcher, has you leaning back to a base or you did not get a good jump, do not try to steal even if you had the sign to steal.
18. Always look to take the extra base.

19. A sign does not change on pickoffs by pitcher unless coach calls it. Sign is ON until it is wiped off.
20. If catcher tries for you on a base and you are leaning the wrong way, try for the next base. Do not be an easy out.
21. On 1<sup>st</sup> and 3<sup>rd</sup> situations steals before pitch, get in a rundown, man on 3rd goes after 1st throw by pitcher on pick-off or, if throw goes to 2nd baseman, after he makes his throw.
22. Slide on all steals except when told to stand.
23. Do not jump or hop when leading off 1<sup>st</sup> base – step shuffle, shuffle – stay low.
24. On a hit and run, go regardless of batter. Turn head toward plate to find the ball - check for pop flies.
25. DON'T HESITATE ON SLIDE, or you will get hurt.
26. When on second base, do not run to third on grounders in front of you that do not go through the infield. Also, balls hit back to pitcher.
27. On a suicide squeeze break the minute the pitcher starts to throw home.
28. Be prepared to steal anytime you get on base.
29. On 3<sup>rd</sup> base, less than two outs, tag up on all line drives and foul balls. On any base, tag on all pop fly foul balls.
30. Deep fly balls, go more than halfway before returning to the bag.
31. On a deep fly ball and you already rounded the next base, touch the base on your way back to your original base.
32. In a 1st and 3rd situation, break for plate on pick-off to 1<sup>st</sup> base if we know the first baseman has a poor arm.
33. With a left-handed pitcher and a steal is on, start to run to 2<sup>nd</sup> base as soon as the lefty lifts leg. Usually, you will get to second before the 1<sup>st</sup> baseman can catch and throw the ball to second.
34. Be ready to slide into 1<sup>st</sup> base if first baseman is pulled off by a bad throw.