



EDLEFSEN BASEBALL

Contact Us:

Brad Edlefsen

612-810-3295

Brad@edlefsenenterprises.com

Steven Edlefsen

952-250-8409

stevenedlefsen@gmail.com

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

DEFENSIVE SIGNS AND PLAYS

SIGNS BETWEEN CATCHER AND PITCHER:

- a. When a catcher gives finger signs, hide the signs between the legs. Otherwise, alert teams may 'steal' the sign and batter will know what pitch is coming. Batters who know what pitch is coming become 'better' hitters.
- b. Catchers may give signs other than finger signs. Example: touching facemask, chest protector, etc....
- c. Signals should indicate type of pitch and pitch location. Example: one finger for fastball and touching outside thigh for outside fastball – inside thigh for inside fastball, etc....
- d. With a runner on second base (who has a good view of the signs), the catcher should 'disguise' the type of pitch with a series of signals (using fingers or body signals). Example: catcher will give a series of three finger signs, the second sign, with a man on second base, was predetermined (between the pitcher and catcher) as THE PITCH.

- e. Pitch Out: sign given in a running situation (usually on an even or ahead count) by the catcher to the pitcher. Pitcher throws the ball high and outside – an easy pitch for the catcher to handle and attempt to throw a runner out.
- f. Pickoffs – catcher gives signal to pitcher. These are mostly timing plays where the catcher sees the infielder break to the base and gives a signal to the pitcher to throw to that base.

CATCHER PICKOFFS: Catcher will throw to the intended base (1st, 2nd, or 3rd) after catching the pitched ball. Sign will be relayed to the appropriate infielder with an acknowledgement return sign by the infielder before the pitch is thrown.

PITCHER PICKOFFS: Pitcher should vary the time he holds the ball and vary the amount of ‘looks’ when he comes set prior to delivering pitches. For runners who represent a base stealing threat, the pitcher can prolong set holds and step off without making a throw.

- **FIRST BASE PICKOFF**

Throws to 1st can be at will by the pitcher or called by the catcher. With a man on 1st and 2nd or bases loaded and the first baseman playing behind the runner, a timing play may be called, and the pitcher throws to first after a signal is given by the catcher.

- **SECOND BASE PICKOFF**

- a. **DAYLIGHT PLAY:** With a man on 2nd base the pitcher has the pickoff options of ‘daylight’ (not a prearranged play – 2nd baseman or shortstop see an opportunity and the pitcher throws to the base).
- b. **TIMING PLAY:** Can be called by pitcher or infielders (pitcher will look at 2nd, look toward home for a count and jump turn to throw to 2nd to either second baseman or shortstop). With a ‘timing’ play the second baseman or shortstop may fake and go back toward their positions but should not stand on 2nd base while waiting for the throw.
- c. **INSIDE OR SPIN MOVE:** Is used off the pitcher’s natural leg kick from within his delivery and can also be a timing play. For this move to not be a balk, pitcher’s leg cannot move in a forward (to the batter) manner.
- d. **PICKOFF MOVE FROM WINDUP POSITION:** This can be a great move with aggressive runners with big leads. Example: With the bases loaded or runners on 2nd and 3rd and the pitcher is throwing out of a windup (usually a 2 out situation), a timing pickoff play may be called for the pitcher to throw to 2nd base (the runner on second usually has a big lead and feels ‘comfortable’ with 3rd base occupied and the pitcher pitching from the windup). The pitcher MUST step off with his opposite foot he normally starts his windup delivery with and throws to 2nd base with the second

baseman covering. If the pitcher normally pitches with his hands together when winding up, he must not break his hands until both feet are disengaged from the pitching rubber or it is a balk.

THIRD BASE PICKOFF

- Pickoffs from the pitcher to 3rd are rare but do happen. With a man on 3rd, the pitcher should always give a glance (from the windup or the stretch) to the 3rd base runner before any delivery home – to let the runner know the pitcher is paying attention and prevent longer leads.
- Pickoffs can come from a 'daylight' play – when the 3rd baseman sees an opportunity or a timing (from the set position or from the wind-up) play between a pitcher and 3rd baseman.