

DEFENSIVE SHEET

CATCHER	WK1	WK2	WK3	WK4	FIRST BASE	WK1	WK2	WK3	WK4	SECOND BASE	WK1	WK2	WK3	WK4
Lateral movement					low throws					throw to bases				
lo/hi balls					holding runners					pivot on double play				
pop-ups					cut-offs					back up resp.				
tags					throws to bases					1b coverage				
force plays					bunt defense					relays				
bunts					pick-offs					bunt defense				
backing up					tags					rundowns				
signals					force					if communication				
pitch-out/pick-offs					playing fence					grounder comm.				
intentional walks					back-ups					w/ 1b				
framing					base foot work									
steals														
throws to bases					THIRD BASE					SHORTSTOP				
cut-offs					holding runner					hold runner/pick-offs				
rundowns					tags					base coverage				
ball to backstop					force					double play pivot				
if communication					steal					if communication				
pitch sel. w/pitcher					pick-offs					throw to bases				
					bunts defense					bunt defense				
					rundowns					tags				
					if communication					force				
					throws to bases					relays				
OUTFIELD					PITCHERS					SAME SITUATION-REVIEW				
lining up ball					bunt defense					basic positioning				
fly balls					if communication					basic drills				
lateral/back balls					grounders laterally					covering bases/tags				
off the fence					throws to bases					cut-offs/relays				
relay					holding runner					bunts (off/def)				
throw to bases					double play					double plays				
of communication					pitch-outs					1st/3rd (off/def)				
backing up					backing up					inf/out. Comm.				
catching in the sun					covering home plate					pick-offs				
					intentional walks					rundowns				
					rundowns					baserunning				
										sliding				
										bunts (off/def)				
										hit'n run/slaps/ drags				
										pregame format				
										steals				