

1) THROWING

- TECHNIQUE
- FEET/STANCE
- HANDS
- TRANSITION FROM GLOVE
- SEAT BALL
- ARM SLOT

DRILLS

FOOTBALL
LONG TOSS
BACK OF GLOVE
DON'T CLOSE GLOVE
CLOSE TOGETHER RAPID FIRE
BUCKET DRILL

2) RECEIVING/STANCE

- RUN/STRETCH
- ALIGNMENT OF FEET
- BUTT HEIGHT
- FLAT BACK
- ARMS & HANDS
- GLOVE

- WHERE TO SET BEHIND PLATE
DISTANCE FROM BATTER & INSIDE OR OUTSIDE
- ROUTINE BEHIND PLATE

DRILLS

BACK OF GLOVE
TENNIS BALLS
CLOSE HARD THROWS
WILD PITCHES
JUGGLING

3) BLOCKING

- STANCE
- WEIGHT/BALANCE
- TECHNIQUE FRONT/LEFT/RIGHT

DRILLS

NO GLOVE DOWN/UP F/R/L/CRVS
GLOVE DOWN/UP F/R/L/CRVS
RAPID FIRE
BACKSTOP
GAME SITUATION

4) FIELDING

- POSITONING FOR TAG PLAYS AND FORCE PLAYS
- FOOTWORK
- GLOVE AND HANDS
- BUNTS/POP UPS/DOUBLE PLAYS/PASSED BALLS

DRILLS

BUNTS 1ST/2ND/3RD
PLAYS AT PLATE FORCE/TAGS
BACKSTOP PLAYS

5) ROLE PLAYING

- VOICE PROJECTION
- COMMUNICATIONS ON DEFENSE - CUTOFFS/RELAYS/BUNT/POP UP
GRD&FLY BALLS
- CALLING OUT/KNOWING SITUATIONS BTWN PITCHES
- BACKING UP FIRST
- COMMUNICATION WITH PITCHERS
- SIGNS

DRILLS

DURING INF/OUT
IN PRACTICE OR BEFORE GAMES