

DEFENSE WINS: HOW TO TEACH IT!!

I. Be Sound On Defense And Don't Beat Yourself:

A. Gene Mauch Story 1977

II. First Hour of Practice: Stress Team Defense

A. Bunt Defense

B. Pop Fly Responsibilities

C. Cut-Off and Relays

D. Run Down Plays

E. 1st and 3rd Defense

F. Pick Off Plays - Pitchers and Infielders

(Outfielders can be runners on pick off plays, bunt plays, and run downs)

III. Individual Sessions At End Of Practice (30 Minute)

A. Pitchers Fielding Practice

B. Infield Defense

1. Back hand
2. Slow Rollers
3. Double Play Turns
4. Diving Drills
5. Willie Mays Drill

C. 1st Baseman Drills

D. Catching Defense

E. Outfield Defense

IV. 10 to 12 Minute Infield & Outfield Drill Before the Game!

**You can intimidate the other team with a snappy, disciplined
infield practice**

**V. Moving Infield With 1 Out and 0 Out and Runners at 2nd and 3rd
or Just 3rd "Billy Martin Drill"**

PICK OFF PLAYS THAT WORK

by
BOB DIDIER

I. PICK OFF AT 1ST BASE FROM THE PITCHER

A. 1st baseman back - runners at 1st & 2nd or bases loaded

B. 3rd back to 1st move

C. Bunt situation - man on 1st base only

D. Pick off at 1st base from the catcher - runners at 1st & 2nd or bases loaded

E. Runners at 1st & 2nd - bunt situation - pitch out with 1st baseman charge and 2nd baseman covering 1st

II. PICK OFF AT 2ND BASEMAN FROM PITCHER

A. Time play - go off the head of the pitcher

B. Daylight by short stop and 2nd baseman

C. Bunt plays - 1, 2, & 3

D. Catcher drops glove - short stop covers

III. PICK OFF AT 2ND FROM THE CATCHER TO 2ND BASEMAN OR SHORT STOP

A. 2 out & 2 strikes at 2nd base

B. Bunt play - runners at 1st & 2nd or just 2nd base - slider down & away

IV. PICK OFF AT 3RD BASE FROM PITCHER TO 3RD BASEMAN

V. PICK OFF AT 3RD BASE FROM CATCHER TO 3RD BASEMAN

VI. HIDDEN BALL TRICK

- A. Bunt play at 1st base (pitcher stays off the mound)***
- B. Cut off & relay (middle infielders)***
- C. Infielder says, "Let me clean off the bag."***

VII. TWO RUNNERS ON THE SAME BASE

- A. Touch lead runner first and tell him that he is out because he was tagged first***