

Playing the Corners: 1B u. 3B

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The First Baseman

◆ Qualifications, Requirements

- n tall/agile/quick hands/hit/hit with power
- n doesn't have to be fast

◆ Advantages of lefthanders

- n Double plays
- n Tagging Runners

Fielding Mechanics

◆ Positioning on the Infield

- n Normal...4 over, 4 back
- n DP Depth...up 2, in 2
- n Playing Behind Runner...3 over, 3 back

◆ Range

- n If it's hot, take a shot; if it's slow, let it go!

Fielding Mechanics

- ◆ Positioning at the Bag
 - n Straddle bag; heels 8 – 16 cm from bag
 - n Don't stride too soon
 - n Sideways on bag, ankle to ground

Fielding Mechanics

- ◆ Receiving Throws from Infielders
 - n Learn to become one handed
 - n Glove under the ball; fingers down to dirt
 - n Big hop: don't bend/stand/let ball get to you
 - n Tweener hop: Back up slightly/block the ball
 - n Short Hop: scoop at the closest point to ground



BETTER IDEAS



- ◆ With a runner on 1B the first baseman should get any ball he can get!
- ◆ Round into the base; don't go straight to it.

Keys on the Stretch

- ◆ ALWAYS...anticipate bad throws
- ◆ Keep weight on heels

1B Responsibilities

◆ Working with the Pitcher

- n PFPs ~ get ball to P 2 steps from bag
- n Use overhand throws
- n Feed chest high
- n Communicate

Holding Runners

- ◆ Position on the bag
- ◆ Getting into Fielding Position
 - n cross over, shuffle; two jump steps
- ◆ Mets Style: play in front of runner; if runner gets past 1Bman, automatic throw
- ◆ Playing behind the Runner

Cutoff Responsibilities

◆ Position on the Field

- n stand near the mound, 13 m from home
- n if throws are off line, get them!

◆ Don't Wait To Be Told!

Times to “Follow” the Ball

◆ Extra Base Hit

- n Stay in the back pocket of the runner
- n BEAT 'EM!

◆ Throws Home

Other Responsibilities

◆ 1-3 Pickoff

- n on pitchout follow runner to 2B
- n P covers 1B

◆ Infield In/Play at the Plate

- n follow the ball
- n don't be too quick on a bunt; if 3B fields, retreat to the bag but watch out for the second baseman
- n on catch, come off quickly and look at 3B

◆ On Catcher Picks

- n wait for ball, between body and base, tag down

Drills for the First Baseman

◆ Reach Drill

- n feet shoulder width apart; throw balls from 7 m away (line drives, short hops, tweener hops); fielder may reach only; no feet
- n progress to allowing one crossover step only
- n use fungo

◆ Dive Drill

- n Balls left, right, up, anything they have to dive, no foot work, only diving allowed

Drills for the First Baseman

◆ Shifting Drill

n moving from right foot to left

◆ Hold and Go

n hold runner on, yell "go," hit or throw
shots

◆ Fielding Bunts

n roll bunts, call base

More Drills for the First Baseman

◆ Short Hops

n do with partners daily

◆ Pick Offs

n from C, work on playing behind and returning to base

◆ Cone Drill

◆ Slow Rollers

n $\frac{3}{4}$ balls at different intervals (3 steps apart); start 7 m from home.

The Third Baseman

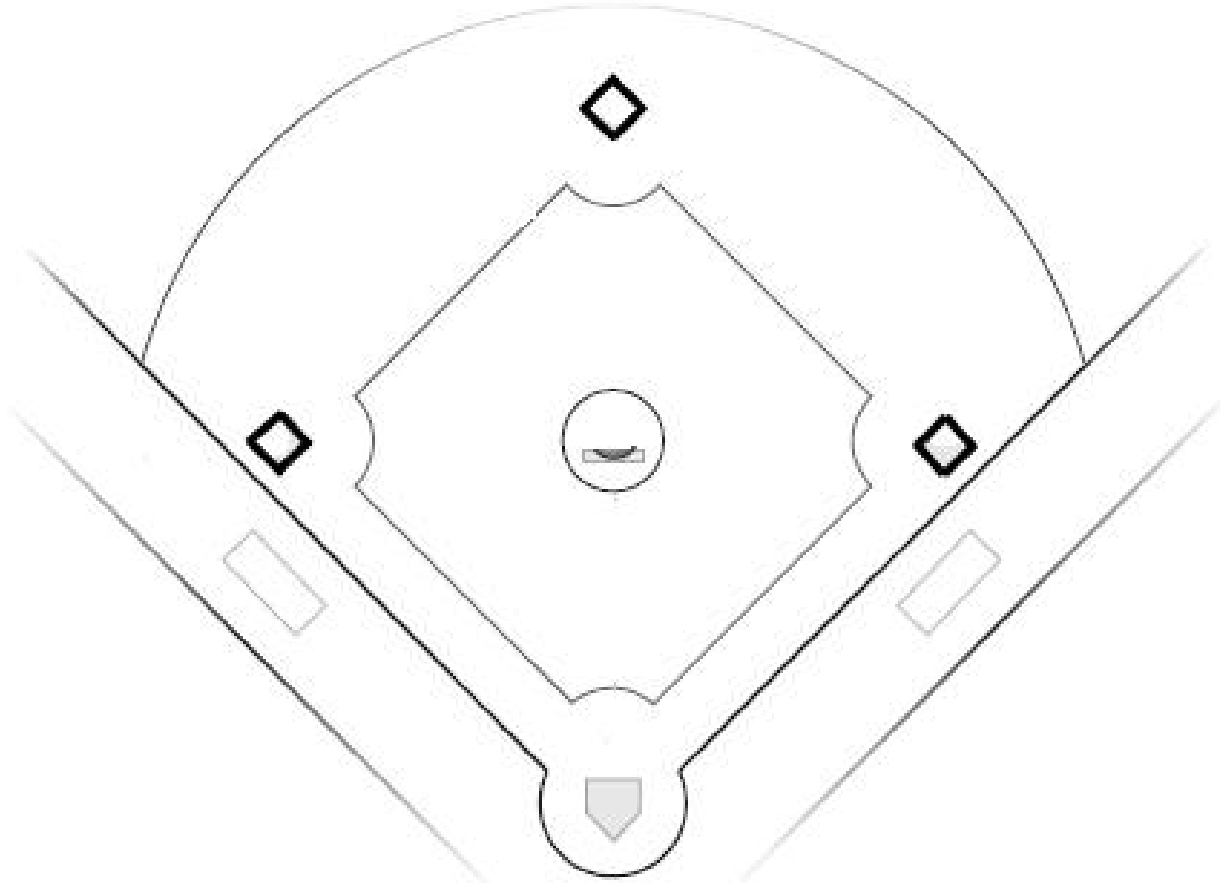
◆ Qualifications/Requirements

- n intelligence?
- n don't need strong arms, needs quick reactions, + + + if he is power hitter

Positioning

◆ Positioning on Infield

- n Cut off everything
- n Normal 3 over/2 back
- n Deep 4/5 over/7 back
- n In 3 over/3 in



Positioning

◆ Bunt/2 strikes

- n Play well in on bunts, charge when batter gives it away
- n With 2 strikes move back to normal

◆ Runner on 2nd: don't charge

Positioning

- ◆ Runner on 3rd: look back or throw home and follow
- ◆ Tweener in CF: cover 2nd base
- ◆ Runner on 2nd, hit to left, move into cut position
- ◆ A note about playing the line in late innings...4:1 ratio

Fielding Laws for 3B

- ◆ Get Everything You Can
- ◆ Go straight across infield, don't angle
- ◆ Back hand as much as you can
- ◆ On shots, use drop step
- ◆ On bunts, field ball off right foot when possible

When in doubt, get the out!

Extra Credit

- ◆ On balls hit to pitcher, break to the middle of the diamond

WHY?

- ◆ Take away the bunt from bunters
 - n Clete Boyer "Maury Wills might get one by me for a hit, but I wasn't going to let him bunt one past me for a hit!"

The Double Play

- ◆ Open up slightly to ball on easy ones
- ◆ Throw $\frac{3}{4}$ arm, chest high
- ◆ Use “quick” feet
- ◆ On balls to the left, catch u. throw on the run; don't stop and stand up!

Responsibilities

- ◆ Cut Offs/Relays

- ◆ Tag Plays

 - n Straddle base, "V" tag

 - * SS has better view of signs; work out a simple signal with SS for off speed pitches. "heads up"

Drills

◆ Two Knee/Quick Reaction

n Partners, softer balls at first

◆ Dive and Go

n Dive down, not up and out; use wet grass

Drills

◆ Triangle Drill

n Throw to 1st, 2nd, 3rd, home

◆ Cone Drill

n Use cone to represent SS at normal position

Drills

- ◆ Receiving Throws

- n on steal, from outfield, on force play

- ◆ Tosar Drill/Slow Rollers

- ◆ Pop Ups

- n Run to fence, find it, back out

A Little Radical, but...

- ◆ Anytime 1B is not occupied, 3B is cut off man (some MLB teams (Yankees, Phillies) have done this in past
- ◆ Stops runner from taking a big turn at 1B
- ◆ AND, the farther back you play, the more ground you have to cover