

	Receiving the throw - Force out	X	X	X	X	X	X	X	X	X	X
	Receiving the throw - Tag out	X	X	X	X	X	X	X	X	X	X
	Making the Relay Throw			X	X	X	X	X	X	X	X
Fielding Drills											
	Thrown Grounders	X	X	X	X	X	X	X	X	X	X
	Thrown Fly Balls	X	X	X	X	X	X	X	X	X	X
	Grounders		X	X	X	X	X	X	X	X	X
	Fly Balls		X	X	X	X	X	X	X	X	X
	Lateral Movement		X	X	X	X	X	X	X	X	X
	Lateral Pickup		X	X	X	X	X	X	X	X	X
	Charging			X	X	X	X	X	X	X	X
	Fly Ball - Pass 1				X	X	X	X	X	X	X
	Fly Ball - Pass 2				X	X	X	X	X	X	X
	Fly Ball over the head				X	X	X	X	X	X	X
	Double Relay				X	X	X	X	X	X	X
	Infield/outfield jurisdictions				X	X	X	X	X	X	X
	Force Play		X	X	X	X	X	X	X	X	X
	Make the tag		X	X	X	X	X	X	X	X	X
Fielding Situations											
	Positioning	X	X	X	X	X	X	X	X	X	X
	Covering Bunts				X	X	X	X	X	X	X
	Throw to 1st, 2nd, 3rd, & Home	X	X	X	X	X	X	X	X	X	X
	Infield/outfield communication			X	X	X	X	X	X	X	X
	Force Play	X	X	X	X	X	X	X	X	X	X
	Getting the lead runner	X	X	X	X	X	X	X	X	X	X
	Making the tag		X	X	X	X	X	X	X	X	X
	Executing Rundowns					X	X	X	X	X	X
	Executing cutoff and relay			X	X	X	X	X	X	X	X
	covering pickoff attempts				X	X	X	X	X	X	X
	covering steal attempts				X	X	X	X	X	X	X
	1st and 3rd				X	X	X	X	X	X	X
	covering tag up				X	X	X	X	X	X	X
	backup responsibility	X	X	X	X	X	X	X	X	X	X
	dropped third strike				X	X	X	X	X	X	X
	infield fly rule						X	X	X	X	X
Throwing											
Throwing Fundamentals											
	Grip	X	X	X	X	X	X	X	X	X	X
	Full overhand throw	X	X	X	X	X	X	X	X	X	X
	Quick Snap Throw				X	X	X	X	X	X	X
	Side arm throw							X	X	X	X
	Underhand Toss		X	X	X	X	X	X	X	X	X
	Backhand Toss				X	X	X	X	X	X	X
Throwing Drills											
	Wrist Snap	X	X	X	X	X	X	X	X	X	X
	Quick Snap Throw				X	X	X	X	X	X	X
	One Knee Throwing	X	X	X	X	X	X	X	X	X	X
	No Stride Throwing						X	X	X	X	X
	Quick Toss						X	X	X	X	X
	Throwing on the run				X	X	X	X	X	X	X
	circle				X	X	X	X	X	X	X
	relay			X	X	X	X	X	X	X	X
	around the horn							X	X	X	X
Pitching											
Pitching Fundamentals											
	Setting up to pitch			X	X	X	X	X	X	X	X
	Initiating the windmill				X	X	X	X	X	X	X
	Body rotation				X	X	X	X	X	X	X
	leg stride				X	X	X	X	X	X	X
	wrist snap				X	X	X	X	X	X	X
	balance				X	X	X	X	X	X	X
	follow through				X	X	X	X	X	X	X
Pitching Drills											
	The hop				X	X	X	X	X	X	X
	wrist snap				X	X	X	X	X	X	X
	pitching from the T Position				X	X	X	X	X	X	X
	Pitching from the K position				X	X	X	X	X	X	X
	Pitching from the J Position				X	X	X	X	X	X	X
	one leg				X	X	X	X	X	X	X
	perfect circle				X	X	X	X	X	X	X
	arm circles				X	X	X	X	X	X	X
Pitching Strategies											
	Types of pitches							X	X	X	X
	changing of speeds							X	X	X	X

	locating pitches							X	X	X
	impact of count							X	X	X
Pitching Situations										
	Covering Bunts					X	X	X	X	X
	Covering Passed Balls					X	X	X	X	X
	Fielding Position					X	X	X	X	X
	1st and 3rd					X	X	X	X	X
	cutoff responsibility					X	X	X	X	X
	backup responsibility					X	X	X	X	X
	dropped third strike					X	X	X	X	X
	infield fly rule					X	X	X	X	X
Catcher										
Catcher Fundamentals										
	Ready position					X	X	X	X	X
	Down Position					X	X	X	X	X
	Up Position					X	X	X	X	X
	Setting the Target					X	X	X	X	X
	Receiving the pitch					X	X	X	X	X
	Throwing out runners					X	X	X	X	X
	giving signals					X	X	X	X	X
	blocking balls					X	X	X	X	X