

PHHS Vikings Baseball
1st Basemen Drill Checklist

15 Minutes

	Drill	Completed	Performance
1	No glove middle (10)		
2	No glove left (10) (bucket)		
3	No glove right (10) (bucket)		
4	Paddle Middle (10)		
5	Paddle Left (10)(bucket)		
6	Paddle Right (10)(bucket)		
7	Glove middle (10)		
8	Glove left (10) (bucket)		
9	Glove right (10) (bucket)		
10	Short-hops no glove (10)		
11	Short-hops glove (10)		
12	Soft-hands drill (10) (inside or turf)		
13	Footwork throw receive (down line) (5)		
14	Footwork throw receive (up line) (5)		
15	Pop-up drill (3)		
16	Tags (5 each)		

Other items to cover:

17	Finding the bag		
18	Scooping low throws		
19	Holding runners/body-glove position		
20	Getting off the bag after pitch		
21	Throwing to different bases		
22	Balls to right side w/pitcher, 2B		
23	Pick-off responsibilities		
24	Positioning for hitters (pull, straight, off)		
25	Game strategies (score, inning, outs, etc.)		
26	Rundowns (responsibilities, jump-ins, etc.)		
27	Cut-off/relay responsibilities		
28	Unassisted put-outs		
29	Put-outs with runners on base		
30	Positioning (A, B, C, D)		
31	Understanding obstruction/interference rules		
32	Making sure runners touch bases (E.B. hit, tags, etc.)		
33	Communication on steals and double steals		
34	Double cut responsibilities		
35	Covering other bases and backing up		
36	Giving target (outside - inside with P/C on line)		