

PHHS Vikings Baseball
Middle Infielders 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	Quick hands drill (paddles) (10)		
14	Feeds and Turns (5 each)		
15	Tags (5 each)		
	<u>Other things to cover:</u>		
16	Positioning (A, B, C, D)		
17	Positioning on various hitters (count, pitch, etc.)		
18	Pop-up responsibilities/communication		
19	Covering 2nd on steals		
20	Backing up each other		
21	Coverage communication (open/closed mouth)		
22	Tag plays (holding tag, follow sliding runner, types, etc.)		
23	Picks (last name/Joe)		
24	Double play depth		
25	Feeds and turns (types)		
26	Stretching on throws for force plays		
27	Relaying signs to OF		
28	Rundown responsibilities		
29	Relay and cut-off responsibilities (single/double cuts)		
30	Keeping runners close		
31	Communication with OF/IF on fly balls		
32	Bunt defenses/responsibilities		
33	Backing up other infielders/covering other bases		
34	Double steal defense		
35	Knowledge of interference/obstruction rules.		
36	Knowledge of Infield Fly rule		
37	Infield chatter		

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