



## Defensive Check List by Position

By Mike Candrea

### Pitchers

- Groundball footwork
- Glove work
- Fielding bunts/Communication
- Covering home plate
- Pop-up communication/Point
- Throwing
- Pitchouts

- Back up responsibilities
- Intentional walk
- Rundowns
- 1st & 3rd Defense
- Signs
- Setting up hitters
- Game management

### Catchers

- Blocking
- Framing/Glovework
- Throwing mechanics/Footwork
- Giving signals
- Verbal communication (Cutoffs & Relays)
- Pop-ups
- Dropped 3rd strike

- WP/Pass Ball (Play at 1B and Plate)
- Bunts
- Pickoffs/Steals
- Force plays/Tag plays
- Tags at the plate/Receiving Throws from IF & OF
- Setting up hitters/Calling the Game
- Game management

### First Base

- Footwork/Glovework
- Bunts
- Picks
- Bad throws
- Throwing to bases
- Force plays
- Tag plays/Squeeze

- Pop-ups
- Playing the fence/Dugout
- Rundowns
- Relay footwork
- Positioning



## Third Base

- Groundball footwork
- Glovework
- Throwing to bases
- Bunts
- Receiving throws
- Tag plays
- Force plays/Squeeze

- Relay footwork
- Rundowns
- Pop-ups
- Playing the fence/Dugout
- Positioning
- Slow roller

## Middle Infield

- Groundball footwork
- Glovework
- Positioning
- Slow roller
- Pop-ups
- Drop steps
- Communication
- Double play feeds
- Bunt coverage
- Receiving throws:
  - Catcher
  - Infielder
  - Outfielder

- Relay footwork
- Positioning
- Verbiage
- Rundowns
- 1st & 3rd Defense
- Positioning
- Reads
- Picks