



## Offensive Check List

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### Baserunning

#### Home to 1B

- Running through the bag
- Positioning for over throw
- Walking back to bag/reaction to middle infielders
- Rules

#### Leads at 1B

- Regular lead
- Bunt lead
- Slap & run/ Hit & run/ Hot sign
- Returning to the bag
- Fly ball principles
- Groundball principles

#### Leads at 2B

- Scoring lead
- Short game lead
- Bunt
- Slap
- Groundball principles
- Fly ball principles

#### Leads at 3B

- Ball angle
- Returning to the bag
- Fly ball principles
- Rundown guidelines

### Shortgame Skills

#### Left Handed

- Sac bunt
- Drag bunt
- Push bunt
- Hard slap
- Soft slap
- Fake drag/Slap
- Fake drag/Slap/Drag
- Shuffle and hit
- Shuffle and drag
- Show drag early (Drag or slap)
- Show hit and drag

#### Right Handed

- Sac bunt
- Drag bunt
- Push bunt
- Slap
- Fake/Fake

### Signs

### Hitting Principles

- Overview of key positions
- Video analysis



## Drill Work

### Tee Drills

- Short tee
- High/Low tee
- Long tee
- Walk throughs
- Bottom hand/Top hand
  - Small Bat/Regular Bat
- Target drills
- Tap/Tap/Hit
- Lead back drill
- Reverse hands
- Heavy ball
- Hammer drills
- Fungo
- Posture drills
  - Flat foot
  - Weight transfer
  - Throwing drills
  - Feet together

### Toss Drills

- Side toss
- Head on toss
  - Top hand/Bottom hand
  - Walk through
  - Off center
  - Barrier drills

### Live Batting Practice

- Short batting practice
- Off centered
- No pop/No pull
- Groundball/Flyball
- Situations
- Timing drills
- Early/Late

### Vision Training

- Eye testing
- Tracking drills
- High speed training
  - Color/Number recognition
  - Eye positioning (Video)
  - Bunting drill & recognition
  - Deep drill
- Small balls
  - Hand-eye
  - Slow/Fast

### Strength & Speed

- Weighted bat drills
  - Windshield wipers
  - Circles
  - Side lifts
  - Zone hitting
- Rice bucket drills
- Baseball bat
  - Overloading/Underloading
  - 45lb. plate walk