

RFYBO Bunting Guidelines

Bunting

You cannot overemphasize the importance of bunting, and you must make your players believe in it. The little things win the close ball games and bunting is one of those little things.

Bunting is the ultimate team sacrifice “I’m giving myself up for the team!”

- Basic Sac Bunt
 1. Position yourself up in the box (more fair territory to work with)
 2. Pivot feet toward pitcher (do not step, just pivot)
 3. Slide top hand up barrel – don’t wrap fingers
 4. Bat out front, bat head up at 45 degree angle, and at chest level
 - * anything above let go unless it’s suicide squeeze
 5. Bend knees to adjust to lower pitch height, don’t drop bat head
 6. “Catch the ball” with the bat *if* it’s a strike!
 7. Get out of the box
- Bunt For Hit – Drop or Drag
 1. Show late, as pitcher starts delivery toward home
 2. Righty: Step back with back foot
 3. Lefty: Crossover step with back foot right at the pitcher
 4. See the ball down the line, get out of the box
- Safety Squeeze Bunt
 1. Trying to score runner on 3rd *if* you get a good pitch
 2. Show late, as pitcher starts delivery toward home
 3. Goal is to get the ball down the 1st baseline past the pitcher
 4. See the ball down, walk it out toward first base
- Suicide Squeeze Bunt
 1. You **MUST** make every attempt possible to get the ball down
 - * Exception: if you absolutely cannot reach the ball, means the catcher can’t either
 2. Show late, as pitcher starts delivery toward home
 3. Just get the ball down in fair territory
- Bunting Drills
 1. 4 Man Bunting Drill – pitcher, bunter, 1st and 3rd basemen
 - 1 round of sacs, 1 round of hits, 1 round of safety’s, 1 round of suicide’s
 - Make contests out of it:
 - have corners stand with feet apart, bunter tries to get it between their legs
 - bunt back to pitcher = that round is over for him and he has 1 extra sprint
 - use cones for targets
 - be creative with bunting contests
 2. Good Old Fashioned Pepper
 3. Broom Stick – Whiffle Golf Balls
 4. Make bunting part of every round of BP so players realize it’s importance
 - Take away swings if they don’t get their bunts down
 5. Bunting **MUST** be practiced in live, game-like situations. It’s one thing to get a bunt down in BP, but it’s another thing to get the bunt down with a game on the line.