

RFYBO Infield Guidelines

Infield Play

1. Set (before pitch) – relaxed hands, feet shoulder width, wt. on balls of feet
 2. Ready (during pitch) – athletic stance, glove open and out front
 3. Action (after pitch) – go get it field out front, funnel ball in, prepare to throw
- Daily's (sets of 5)
 1. No glove – straight on, forehand, backhand, short hops
 2. Glove - straight on, forehand, backhand, short hops
 3. Box Drill – throws, flips, roll-flip-throw (everything done both directions)
 - Three-Man Cutoff Drill
 - Three-Man Relays
 - Rundowns
 - run him back to the base he came from
 - show the ball, up and outside base path
 - do not pump fake
 - throw on “ball call”
 - catch ball out in front of the base
 - ball in hand, hand in glove
 - step at runner, make a firm tag
 - Double Play Turns (DP depth - 2 in and 2 over, give target with both hands up, say “flip” if flipping it)
 - Step Across – SS step on back corner of bag, catches ball and steps across to RF side
 - Cross Over – 2B steps across bag
 - Rocker Step – 2B steps with left foot on bag, rocks back off
 - Pop Flies – do practice them with the infielders communication!
 - Fungos (double fungos is enough coaches)
 - Back home
 - To First Base
 - Double plays
 - Slow rollers
 - Backhands
 - Pop flies

Defensive Situations

- Bunt defenses
- 1st and 3rd Situations

* *Key is to keep it simple*

* *Always stress importance of getting AN OUT!*