

"Wildcat Dailys"

IF

- no glove
- glove
- backhands
- Short hops
- box drill

OF

- Crow hops (flies/grounder)
- over the shoulder
- communication

Catchers

- receiving
- framing
- blocking
- pop-ups/bunts
- footwork/throws

Pitchers

- Comebackers
- cover 1st
- fielding bunts
- pick offs

Infield Drills

- "daily's" drills
- relays/cutoffs
- rundowns
- double play turns
- holding runners
- Big Box
- "pregame"
- double fungos
 - back home
 - to 1st
 - double plays
 - slow rollers
 - backhands
 - pop flies
 - etc.
- pop flies

Pitching Drills

- "daily's" drills
- comebackers
- cover 1st
- backing up bases
- holding runners
- pick-offs
 - step off
 - jump picks
 - open glove
 - timing
- pitchouts
- intentional walks
- fielding bunts
- bullpen work
- 1st + 3rd situations
- towel/dowel drill
- Mechanics/Form Work
 - Balance/Direction/Extension
 - Partner/Shell Drill
 - Incline Mound

Baserunning

- getting leads
- secondary leads
- rounding
- stealing
- sliding
- rundowns
- picking up coaches
- delayed steal
- squeeze plays
 - safety
 - suicide
- when to slide at 1st
- 1st + 3rd delayed steal
- picking up the ball
 - grounder, to 1st
 - double
 - score from 2nd
- live BP baserunning

Hitting

- Tees (mix it up)
- Soft Toss
 - regular
 - top/bottom
 - seam/no seam?
- Short Toss
- Bunting
 - sac
 - for hit
 - safety
 - suicide
 - fake bunt/st
- Hit and run
- Shorten up/fly
- Target hitting
- Cage BP
- Live Field BP
 - situations
- "Pepper" B-mar

Outfield Drills

- "daily's drills"
- hitting cutoffs
- do or die
- backing up
- rounding the ball
- Sun drill
- fence drill
- sliding/diving catches

Catching Drills

- "daily's" drills
- pop ups/bunts
- pitchouts
- dropped 3rd strike
- backing up 1st base
- pickoff signs
- giving signs
- play at the plate

MISC. SITUATIONS

- Bunt Defenses (regular/special/safety)
- 1st + 3rd situations (straight to 2nd / 2nd w/cut to 2nd to 3rd / fake/stray)
- Pickoffs (Pitchers-Catchers/IF's)
- Offensive Signs