

POSITION SKILLS CHECKLIST - DEFENCE**DIRECTIONS**

COACHES: This checklist also appears in the LTAD player manuals, divided by specific age groups. Focus on the skills appropriate to the age you are coaching. There are also additional instruction hand outs on most of the skills listed.

1. Every player should eventually master every skill in the General Skills category, plus every skill listed for his/her primary and secondary position.
2. Have players work in pairs or triads and set up their own drills. This will free you up to provide more one on one instruction and feedback.
3. Assign specific skills to work on or allow players to work on their own weaknesses.
4. As a player gain mastery of a skill, check it off in the "Mastered" column.
5. Use your goal setting program to set specific goals with target dates to master those skills that need further practice.

POSITION SKILL	NEEDS PRACTICE	MASTERED
<p><u>GENERAL SKILLS (ALL PLAYERS)</u></p> <ul style="list-style-type: none"> - Basic positioning -1st hitter <ul style="list-style-type: none"> - Sacrifice bunt - Steal of 2nd - Infield in - Infield deep - Territorial jurisdiction - Set position, awaiting pitch - Playing a ball against the fence - Shielding the sun - Backing up a base - Covering a base - Tagging a runner at a base - Tagging a runner between bases 		

POSITION SKILL	NEEDS PRACTICE	MASTERED
<u>PITCHERS</u> - Pitch rotation and location - Intentional walk - Pitch out - Field bunts - left - right - Read Signals - Play at 2nd base (sacrifice) - Cover 3rd and Home		
<u>CATCHER</u> - Signal position & technique - Stances with - no runners - runners on base - Frame the target - Frame the pitch (Receiving ball) - Throw to 1st, 2nd, 3rd. (Foot work) - Block low pitches - left & right - Field pop flies - all - Field bunts (sacrifice) - Intentional walk - Pitch out play - Block home plate on tag - Tagging runner at plate - Retrieve wild pitches (screen) - Back up first base		
POSITION SKILLS	NEEDS PRACTICE	MASTERED

<p><u>FIRST BASE</u></p> <ul style="list-style-type: none"> - Footwork at base - left/right - Field low throw - left - right - Execute stretch - Defence Sacrifice - to first - to second - to third - Play dropped third strikes - Quick Pick at 1st 		
<p><u>SECOND BASE</u></p> <ul style="list-style-type: none"> - Cover first base - sacrifice - Sidearm throw - Underhand toss - start double play - Execute pivots - inside - outside - Make force out at 2nd - Force at 2nd on ground ball - right - left - Cut-off position/technique - Make relay throw 		

<p><u>THIRD BASE</u></p> <ul style="list-style-type: none"> - Field rollers - rolling <ul style="list-style-type: none"> - stopped - two hands - Underhand throw to first - Defence the bunt - Cut off position/technique - Make force out at 3rd - Quick pick-off at 3rd 		
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POSITION SKILLS	NEEDS PRACTICE	MASTERED
<p><u>SHORT STOP</u></p> <ul style="list-style-type: none"> - Start double play - sidearm throw - Execute pivots - inside <ul style="list-style-type: none"> - outside - Make force out at 2nd/3rd - Play the hole w/long throw - Cut-off position/technique - Execute relay throw technique - Cover 3rd base - pick-off play 		
<p><u>OUTFIELD</u></p> <ul style="list-style-type: none"> - Set position - Anticipate hit - Getting a jump - Turning technique - Running technique - forward <ul style="list-style-type: none"> - backward - Catching position - fly ball - Field ground balls - runners on 		

<p style="text-align: center;">- no runners</p> <ul style="list-style-type: none">- Execute Power throw- Cut-off throw- Back up bases		
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