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## **POSITION SPECIFIC FIELDING DRILLS**

### **1<sup>ST</sup> BASEMAN:**

- \_\_\_\_\_ Footwork on stretch: (L,R,C)
- \_\_\_\_\_ Picks (L,R,C)
- \_\_\_\_\_ Receiving High
- \_\_\_\_\_ Receiving Straight Back
- \_\_\_\_\_ Receiving Down the line
- \_\_\_\_\_ Wild-Throws Blocking
- \_\_\_\_\_ EB Bunt dry throw to 3B
- \_\_\_\_\_ 3-6-3 Double Play coverage
- \_\_\_\_\_ Bunt Coverage play at 1B
- \_\_\_\_\_ Relay Cut to Cut Dry throw to 2B, 3B & 4B

### **3<sup>RD</sup> BASEMAN**

- \_\_\_\_\_ Bunt coverage dry throw 1B
- \_\_\_\_\_ Slow Rollers – Bare Hand
- \_\_\_\_\_ Slow Rollers - Rounding
- \_\_\_\_\_ SR's – Field, Jump-Throw
- \_\_\_\_\_ Line Drives – Throws to 2nd
- \_\_\_\_\_ Swipe Tags

### **2<sup>ND</sup> & SS: TURN-2, THROWS TO 1<sup>ST</sup>**

- \_\_\_\_\_ Feed #1 - Underhand flip
- \_\_\_\_\_ Feed #2 – Push Back (2B)  
Shuffle (SS)
- \_\_\_\_\_ Feed #3 – Step In front –(2B)  
Push Back -SS
- \_\_\_\_\_ Feeds #4 – Bank Hand Grabs – Fake to first and throw to third –(SS)  
Fake to first and throw to third – (2B)
- \_\_\_\_\_ Feeds #5 – Jump Throw
- \_\_\_\_\_ Slow rollers dry throw to 1B

## **OUTFIELDERS**

- \_\_\_\_\_ Drop Step Left / Throw to right shoulder
- \_\_\_\_\_ Drop Step Right / Throw to left shoulder
  
- \_\_\_\_\_ Drop Step Left / Throw to left shoulder
- \_\_\_\_\_ Drop Step Right / Throw to right shoulder
  
- \_\_\_\_\_ Drop Step Left / Throw straight over head
- \_\_\_\_\_ Drop Step Right / throw straight over head
  
- \_\_\_\_\_ Drop Step Left / Throw in front short
- \_\_\_\_\_ Drop Step Right / Throw in front short
- \_\_\_\_\_ Drop Step Left -- then charge / Throw in front short
- \_\_\_\_\_ Drop Step Right -- then charge / Throw in front short

## **CATCHERS**

- \_\_\_\_\_ Dry blocks
- \_\_\_\_\_ Framing pitches Square Drill
- \_\_\_\_\_ Footwork on PO's 1B, 2B, 3B
- \_\_\_\_\_ Passed ball recovery play at 4B
- \_\_\_\_\_ Passed ball recovery at 1B
- \_\_\_\_\_ Pop fly's

## **PITCHERS BULL PENS**

### **PRE-GAME BULL PEN ROUTINE**

This warm up routine is designed to physically and mentally prepare you to enter the game and be effective the first pitch you throw. Consistently, do it the same way every game. This should take between 15 & 20 minutes prior to gametime .

PITCH TYPE	PLACEMENT	# OF PITCHES
1. Fast ball	low box*	2 sets of 4 = 8
2. Fast ball	tilts**	2 sets of 4
3. Fast ball	opposites^	2 sets of 4
4. Fast ball	pitch out/intentional walk	4

*3 minute rest*

- 5. Change up/4 seam control velocity 8
- 6. Cut fast ball (optional) inside at the knees 4
- 8. Cut fast ball (optional) outside at the knees 4
- 9. Tactical Sequences -- 3 different pitch types -- 3 sets of 4 pitches = 12

**TOTAL BULL PEN PITCHES 48**

**MAXIMUM IMPORTANCE - 10 MINUTE REST BEFORE TAKING THE FIELD**