



30-DAY DEFENSE CHECKLIST

CATCHER	WK1	WK2	WK3	WK4	FIRST BASE	WK1	WK2	WK3	WK4	SECOND BASE	WK1	WK2	WK3	WK4
lateral movement					low throws					throw to bases				
low/hi balls					holding runners					pivot on double play				
pop-ups					cut-offs					back up resp.				
tags					throws to bases					1b coverage				
force plays					bunt defense					relays				
bunts					pick-offs					bunt defense				
backing up					tags					rundowns				
signals					force					if communication				
pitch-outs/pick-offs					playing fence					grounder comm w/ 1B				
intentional walks					back-ups									
framing					base footwork									
steals					THIRD BASE	WK1	WK2	WK3	WK4	SHORTSTOP	WK1	WK2	WK3	WK4
throws to bases					holding runner					hold runner/pick-offs				
cut-offs					tags					base coverage				
rundowns					force					double play pivot				
ball to backstop					steal					if communication				
if communication					pick-offs					throw to bases				
pitch selection w/pitcher					bunts defense					bunt defense				
					rundowns					tags				
					if communication					force				
					throws to bases					relays				
OUTFIELD	WK1	WK2	WK3	WK4	PITCHER	WK1	WK2	WK3	WK4	SITUATIONS - ALL	WK1	WK2	WK3	WK4
lining up ball					bunt defense					basic positioning				
fly balls					if communication					basic drills				
lateral/back balls					grounders laterally					covering bases/tags				
off the fence					throws to bases					cut-offs/relays				
relay					holding runner					bunts (off/def)				
throw to bases					double play					double plays				
of communication					pitch-outs					1st/3rd (off/def)				
backing up					backing up					inf/out communication				
catching in the sun					covering home plate					pick-offs				
					intentional walks					rundowns				
					rundowns					baserunning				
										sliding				
										bunts (off/def)				
										hit'n run / slaps / drags				
										pregame format				
										steals				