

GENERAL SKILLS CHECKLIST

Hitting

- Contact
- Right side
- Hit-and-run
- Protecting the hitter
- Taking a pitch
- Two-strike adjustment

Base running

- Out of box
- To first
- Rounding bases
- Between bases
- First-and-third play
- Second base to home
- Home to second base
- Second-and-third play
- Tagging
- Tag and draw throw
- Hit-and-run
- Bunt-and-run

Fundamentals

- Throwing
- Receiving
- Footwork
- Fielding ground balls
- Fielding fly balls
- Covering Bases
- Force play footwork
- Backing up
- Tagging runners

Bunts

- Sacrifice
- Push
- Slap (righty & lefty)
- Drop
- Drag
- Squeeze
- Safety
- Fake
- Knob
- Bunt-and-run

Rundowns

- Sliding
- Regular
- Pop-up
- Hook
- Rollover
- Headfirst
- Coaching at Home

Team Defense

- Rundowns
- Relays
- Cutoffs

- Pickoffs
- First-and-third play
- Bunt Defense
- Slap Defense
- Double plays
- Cutting the run at the plate
- Bloop hits (Texas Leaguers)
- Bases loaded
- Steals
- Hit-and-run
- International tiebreaker
- Intentional walks
- Shielding the sun
- Diving for balls
- Communication

