

## DEFENSE WINS: HOW TO TEACH IT!!

### I. Be Sound On Defense And Don't Beat Yourself:

A. Gene Mauch Story 1977

### II. First Hour of Practice: Stress Team Defense

A. Bunt Defense

B. Pop Fly Responsibilities

C. Cut-Off and Relays

D. Run Down Plays

E. 1st and 3rd Defense

F. Pick Off Plays - Pitchers and Infielders

(Outfielders can be runners on pick off plays, bunt plays, and run downs)

### III. Individual Sessions At End Of Practice (30 Minute)

#### A. Pitchers Fielding Practice

#### B. Infield Defense

1. Back hand
2. Slow Rollers
3. Double Play Turns
4. Diving Drills
5. Willie Mays Drill

#### C. 1st Baseman Drills

#### D. Catching Defense

#### E. Outfield Defense

**IV. 10 to 12 Minute Infield & Outfield Drill Before the Game!**

**You can intimidate the other team with a snappy, disciplined  
infield practice**

**V. Moving Infield With 1 Out and 0 Out and Runners at 2nd and 3rd  
or Just 3rd "Billy Martin Drill"**

**PICK OFF PLAYS THAT WORK**

*by*  
**BOB DIDIER**

**I. PICK OFF AT 1ST BASE FROM THE PITCHER**

*A. 1st baseman back - runners at 1st & 2nd or bases loaded*

*B. 3rd back to 1st move*

*C. Bunt situation - man on 1st base only*

*D. Pick off at 1st base from the catcher - runners at 1st & 2nd or bases loaded*

*E. Runners at 1st & 2nd - bunt situation - pitch out with 1st baseman charge and 2nd baseman covering 1st*

**II. PICK OFF AT 2ND BASEMAN FROM PITCHER**

*A. Time play - go off the head of the pitcher*

*B. Daylight by short stop and 2nd baseman*

*C. Bunt plays - 1, 2, & 3*

*D. Catcher drops glove - short stop covers*

**III. PICK OFF AT 2ND FROM THE CATCHER TO 2ND BASEMAN OR SHORT STOP**

*A. 2 out & 2 strikes at 2nd base*

*B. Bunt play - runners at 1st & 2nd or just 2nd base - slider down & away*

**IV. PICK OFF AT 3RD BASE FROM PITCHER TO 3RD BASEMAN**

***V. PICK OFF AT 3RD BASE FROM CATCHER TO 3RD BASEMAN***

***VI. HIDDEN BALL TRICK***

- A. Bunt play at 1st base (pitcher stays off the mound)***
- B. Cut off & relay (middle infielders)***
- C. Infielder says, "Let me clean off the bag."***

***VII. TWO RUNNERS ON THE SAME BASE***

- A. Touch lead runner first and tell him that he is out because he was tagged first***