

UNA BASEBALL

Holding Runners at 1B – Picks, Lhp & Rhp

- I. Right handed pitcher
 - A. Must have a quick pick movement
 - B. Must see runner
 - C. Vary timing of picks
 - D. Use various movements to distract runner
 - E. Step back move
 - F. Elbow jerk move
 - G. Baulk moves
 - H. Do not pitch off of long pause

- II. Left handed pitcher
 - A. Quick step back move
 - B. Look at runner pick
 - C. Look at home pick
 - D. Look at 1b, home and pick
 - E. Slide step pick
 - F. Vary speed of pick off moves