

Building Blocks for a Championship Defense

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Building Blocks for a Championship Defense

I. Philosophy

- Need to have a Plan (System)
- Must be based on Accountability
- Need to Sell Plan to Players

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II. Defense. What is it Really?

- Develop a Concentrated Throwing Program
- Coaches Need to Oversee Throwing Program
- Timed Throwing Program
- Develop Correct Arm Action
- Positional Work
- Incorporate Unique Foot Patterns
- Incorporate Unique Throwing Programs

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III. Throwing & Catching Drills

- Rapid Catch / Rapid Fire
- Relay Footwork: Short vs. Long Throw
- 4-Corner Catch
- Small Glove & Paddle Drills

Throwing Program



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IV. Team Defense

- Accountability & Pressure
- Rundowns (2-3 x/week)
- Bunt Defense (4-5 x/week, timed 4.1 sec)
- Cuts & Relays (everyday, timed)
- 1st – 3rd Defense (2-3 x/week)
- Pick-Offs (2-3x/week)
- Live Defense (Runners on 1st & 3rd)
- Situational Drills (everyday)

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V. Preparation for Game

- Scouting Reports: Team/Individual
- Spray Charts/Play-by-Play/Other Team/
Video

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VI. Game Day Work

- Between Innings Work – Even & Odd
- Catcher Throw to 2nd - Timed

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VII. Game Day – Defensive Goals

- 5 Free Bases or Less – What is a Free Base?
- No Big Innings – What is a Big Inning?
- No Bunt Base Hits, No Triples
- No Special Defense Mistakes
- No Communication / Mental Errors
- Finish the Game – Play Your Best Last
 - Lead After 6 innings – $202 - 11 = 95\%$
 - Lead after 7 innings – $221 - 12 = 95\%$

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