

Wayne Softball

Defensive Philosophy

Defense is the ability to play catch:

Defense is basically playing catch - the importance of being able to play a good game of catch is paramount. Watch the best defensive teams play catch - there is focus and communication. We demand our girls to take it seriously and to communicate throughout the process. Our progression includes all aspects of defense. U - L, ten toes, step and throw cadence "ready, break, throw". Receiver calls ball - catch to tag or catch to transfer. We throw cuts, from our position stance, dropped balls, quick backs -always working on a quick and smooth transition out of the glove...working our bodies around the ball and feet active. Lastly we work flips and pitches - both bare hand and gloves.

3 Hits to Score – Limit Extra base hits.

Defense starts in the circle!

***There is NO defense for a walk.**

Round ball vs. Round Bat. Change levels, change speeds.

A great catcher can save the team more than any other position. No DEBBIE DOWNERS!

Pitchers only have pitches that they can throw for strikes.

Catchers – catch to catch @ 2nd (1.9)

The 3 B's - Ball, Base, Backup

Communication is Key:

Infield - CALLS "MINE"

Base "D" corners are up and middles are back.

3 hits to score: here is how we do it:

Corners (1st and 3rd)

NEVER GET BEAT DOWN THE LINE – LEADS TO DOUBLES.

NEVER GET BEAT IN FRONT

PINCH = UP

BASE = 1 STEP IN FRONT OF BASE

BASEBALL = Behind the base.

Middles (SS and 2nd)

DEEP POSITION IS YOUR BASE POSITION. (read quickness of hitter)

BASE - Even with Bases

PINCH = HOT POSITION IN FRONT OF BASE.

Runner on 1st

LEAD BASE CALLS THE PLAY – says base 3 times – 1,1,1!!!

AGGRESSIVE ON QUICK BUNT – TWO BOUNCE RULE.

SAC BUNT – CORNERS LISTEN FOR SS ON CALL TO TWO – EASIER FOR 3RD THAN 1ST BASEMAN.

WHEN IN DOUBT – GET THE OUT! (50 FT VS. 60FT)

Runner on 2B (Scoring Position)

NON – FORCE - 1B AND 2B CONCEDE RUNNER. SS AND 3B CHECK AND GO – USE INFIELD SHUFFLE. TIME IT TO SEE IF IT WORKS.

FORCE (RUNNERS AT 1ST AND 2ND) – 3'S HOT – OR NOT! DON'T FORCE THE FORCE. GO WITH THE FLOW.

Get Dirty - Sacrifice body to keep ball in the dirt.

Runner on 3rd (or 2b and 3b)

2B OPTION – READ THE LEAD – LEAD BASEMAN MAY HELP (CATCHER)

SS AND 3B – CHECK AND GO

1B – RUN THE LINE – HANDS OUT IN RUNNERS LANE – RUNNER BREAKS – YOU BREAK OFF AND HIT HOME.

POSITIONING

DO – OR – DIE – PINCH

SQUEEZE TEAM – PINCH

NO SPEED – BACK – PITCHERS DEFEND SQUEEZE

FORCE – SS/2B PINCH AND 1ST AND 3RD BACK (FLAT)

FORCE WITH 2 OUTS – DEEP POSITION

RUNDOWNS – SPRINT! AT THE RUNNER – I MEAN SPRINT!!!!!!!!!!

GET IT IN ONE OR TWO THROWS MAX.

SPECIAL PLAYS 1st-3rd, Runner at 1st - throw behind, dummy plays, etc. ON DIAGRAMS.

Outfield Calls “BALL”

OF IS LAST LINE OF DEFENSE. BALLS IN GAP – GET IN LINE WITH – TAKE CORRECT ANGLE. THINK LIKE THE BASERUNNER.

DELIVER THE PACKAGE

Know your back up responsibilities – Get in the play.

POSITIONING

UP – TWO STEPS FROM THE GRASS

BASE – NORMAL PLAYING DEPTH

BACK – DEEP IN THE OUTFIELD

KNOW THE PITCH

“DOUBLE GAP PATROL” 3B-SS, SS-2B, 2B-1B.

TWO BASES AHEAD ON GROUND, 1 ON TAG.

SMART ANGLES TO THE GAPS

DROP STEP/READ STEP

A SINGLE IS A SINGLE – STAYS THAT WAY! (SAFETY CATCH)

“WHEN IN DOUBT GLOVE SIDE OUT”

Runner on 1st

LF AND CF EXECUTE SAFETY CATCH, RF EXECUTES A DO OR DIE.

RF HAS FORCE OPTION AT 1B.

FREEZE RUNNER - act it out.

Runner at 2b (scoring position)

CHALLENGE AT THE PLATE ON GROUND BALL - MUST BE QUICK AND CLEAN. KNOW WHEN TO SAY WHEN – AFTER BOBBLE – NO GRIP – TOO MANY STEPS, ETC.

“CONCEDE THE RUN, KEEP THE BATTER AT ONE”

HELPS AVOID THE BIG INNING

CHECK FOR FROZEN RUNNER AGAIN.

FLY BALL: TAGGING - Know depth and arm strength.

Runner at 3b or 2b and 3b.

RUNNER AT 3RD - SAFETY CATCH THE SINGLE, HOME ON THE FLYBALL.

RUNNER AT 2B AND 3B:

GROUND BALL – CHALLENGE OR CONCEDE? BEST PLAY MAY BE TO 2ND.

CUT THAT THROUGH PITCHER.

FLY BALL – SAME OR SHALLOW GOES 4 – CAN MOVE IN ON IT.

DEEP – TAKE TRAIL RUNNER AT 3B – RF MAY LOOK TO CUT AND GO 2 INSTEAD.

IF – bat to glove to 1st in less than 3 secs.

IF – bat to glove to home in less than 2.7 secs.

OF – bat to glove to home in less than 5.9 secs. (ground ball)

OF – fly ball glove to home in less than 3.0 secs.

CUTS – SS to balls through 2nd to the left field. 2B right of 2nd base. P is our cut home.

1B – follow runner towards 2nd on doubles – make sure they are touching base.

Rundowns – OF give way to IF if possible.

Tags – get it in and out.

Academy Award Tags – act like no throw is coming – runner may let up or stand up

Team Defensive Drills:

UCLA Cuts -

OF vs. IF:

7 Up -

Speed Round

21 Outs -

Figure it Out -

Play it Out -

Scorebook Finishes -

