



Table of Contents

1 Defending Your Turf		
Defensive Gems	1-2	
Lessons Learned	1-5	
Scouting Fielders	1-6	
Running Tryouts	1-8	
Countdown to Tryouts	1-11	
The Sixth Tool	1-15	
2 Preparing Your Defense		
Grass Roots Fielding	2-3	
Zone Defense	2-7	
Comm Toss Drill	2-8	
Solo Ball	2-9	
Shadow Ball	2-11	
Baseball Indoors	2-12	
Practice Plan	2-15	
Off the Bench	2-17	
On Deck Defense	2-19	
3 Beyond the Cut		
Outfielder's Role	3-2	
Handling Grounders	3-4	
Routine Flyballs	3-5	
Drop Step	3-7	
Crow Hop	3-9	
Hitting the Relay	3-11	
Plays of the Day	3-12	
4 Outfield Drills		
Combo Drill	4-2	
Cut Two	4-3	
Goal Post	4-4	
Turn & Sprint	4-5	
Pre-Game Outfield	4-6	
B.P. vs F.P.	4-8	
5 Inside the Arc		
Draft Spotting	5-2	
Grading Points	5-4	
Essential Moves	5-6	
Bunt Defense	5-7	
Bunt Loops Drill	5-10	
6 Anchoring the Infield		
1st Base Basics	6-2	
Stretch & Bounce Range	6-4	
Holding Runners	6-6	
Playing Behind	6-8	
The Right at First	6-9	
7 Up the Middle		
SS/2B Basics	7-2	
Feeding the Base	7-6	
Turning Two	7-9	
Avoiding the Runner	7-11	
Plays of the Day	7-13	
Diving Stops	7-15	
8 The Hot Corner		
3rd Base Basics	8-2	
Owning the Line	8-4	
Handling the Hot Box	8-6	
9 Infield Drills		
County Fair 2	9-2	
Criss-Cross	9-4	
Cross-Mound	9-5	
Double Play	9-6	
The Falcon Series	9-8	
Four Corners	9-12	
Hotbox Drill	9-13	
Home & Roller	9-14	
Mad Tag Relay	9-15	
Merry Go Round	9-16	
Round the Bags	9-17	
Your Best Drills	9-18	
10 Coverage Clinic		
Third Base Line	10-3	
To Left Field	10-5	
To Left-Center Gap	10-7	
Straight-Away Center	10-9	
To the Gap in Right	10-11	
To Right Field	10-13	
Down the 1st Base Line	10-15	
Appendix		
Glove Care	A-2	
Keeping Players Healthy	A-5	
Energy Systems	A-7	
Feeding the Ballplayer	A-8	
Concussions	A-10	
Warm-Up Details	A-12	