



Content of program 1

Hitter

Sacrifice bunt

Squeeze

Baserunning

Leads
Run & hit
Squeeze

Hit & run
rundowns

Infielder

Covering 2^e base
Holding the runner
Double play
Double play situation
Slow rollers
Catching a ball near the wall

Covering home plate
Relaying techniques
Bunt defence
Bach hand
Run downs

Catcher

Position with runners on base
Jab step
Framing
Throw to 3^e base
In and out at 1^{er} but

Bloquing
Tag play
Side blocking
Pitch out

Pitcher

Set position
Double-plays
Curve ball
Pitcher fielding practice

Throwing on bases
2 seam fastball
Intentional walk

Outfielder

Position
Do or die
Hitting the relay

Line drives
Near the fence

Defensive Strategies

Defence against the bunt
1st and 3rd

Signs





Stratégies offensives

Steal
3rd base coach
Double steal
Bunt

Batting line up
1st base coach
Hit and run

Game plan

Session 1	Infield
Session 2	Hitting – part 1
Session 3	Individual defensive workshops
Session 4	Hitting – part 2
Session 5	Outfield
Session 6	Offensive workshops
Session 7	Defensive workshops
Session 8	Base running
Session 9	1 ^{er} base, 2 ^{ième} base, 3 ^{ième} base and short stop
Session 10	Outfielders
Session 11	Intercepteur
Session 12	Pitcher
Session 13	Catcher
Session 14	Base running and sliding
Session 15	Lead-off, steals
Session 16	Double-play and rundowns

