



Content of program 2

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





Game plan

- Session 1 1^{er} base, 2^{ième} base, 3^{ième} base and short stop
- Session 2 Outfielders
- Session 3 Intercepteur
- Session 4 Pitcher
- Session 5 Catcher
- Session 6 Base running and sliding
- Session 7 Lead-off, steals
- Session 8 Double-play and rundowns

