



## Content of program 2

### Hitter

Sacrifice bunt

Squeeze

### Baserunning

Leads  
Run & hit  
Squeeze

Hit & run  
rundowns

### Infielder

Covering 2<sup>e</sup> 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<sup>e</sup> base  
In and out at 1<sup>er</sup> 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<sup>er</sup> base, 2<sup>ième</sup> base, 3<sup>ième</sup> 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

