



**Abstract:**

*“Raider Fundies” is a structured environment that will allow us to cover the basic fundamentals of each position in a short period of time. Numbers indicated for each position describes the station number. There are a total of six stations for 5 minutes each. PFP’s can be done after the rotation OR another day.*



**Catchers**

**1. Blocking**

- a. Arch back, ball in front, cover 5 hole, big chest, head down, throwing hand behind glove, fire opposite foot in direction, block to middle of plate

**2. Framing**

- a. Tennis balls, no glove, waive hello, subtle movements, STICK IT!

**3. Blocking the plate**

- a. Shin pad flat between runner and plate, left foot pointed at left field foul pole, two hands, sweep tag, slap tag, and swinging gate.

**4. Fly Balls**

- a. Mask off, find ball, THROW mask (in that order), long steps rather than short choppy (less head movement), ball comes back, MINE, MINE, MINE!

**5. Throw to bases**

- a. Two steps (R, L, throw), moving forward as ball enters hitting zone, ball to ear, straight line to base, “hit the pitcher in the head”, varsity catcher’s goal is to be 2.2 on the base.

**6. Short hops/read & react**

- a. “Make a play” – throw in pads as runners to jar ball loose
- b. Frame or block – coach stands 40 feet away and fires; mixes it up, catcher reads and reacts – DON’T FALL FORWARD.



# Raider Fundies



## Outfielders

- 1. Long toss – hit the cut!**
  - a. Long arm, easy motion, overhead
  
- 2. Read/open to right/left**
  - a. Adjust according to direction, get behind the ball – come forward as you make the play.
  
- 3. Read ball at you**
  - a. Read/open past 90\*, get behind the ball – come forward as you make the play.
  
- 4. Wrong shoulder**
  - a. Open to right, coach throws over left; vice versa, get behind the ball – come forward as you make the play.
  
- 5. Fly balls**
  - a. Fungo -- get behind the ball – come forward as you make the play. MINE, MINE, MINE!
  
- 6. Ground balls**
  - a. Nobody on – keep it in front (knee if you have to); runners on field to the glove side and crow hop – hit the cut!



# **Raider Fundies**



## **1<sup>st</sup> Basemen**

- 1. Quick Hands**
  - a. No gloves
  
- 2. Fielding Mechanics**
  - a. Present, glove, ball
  - b. Butt low, head over glove
  - c. Right/left field, right/left throw; field into throw
  
- 3. Back Hand**
  - a. Head over glove, start low, right leg in line with glove
  
- 4. Scoops**
  
- 5. Lead pitcher to 1<sup>st</sup> / throws from 3<sup>rd</sup>**
  - a. Underhand throw to pitcher, lead to the base, follow your toss
  
- 6. Fly Balls**
  - a. Find the fence, overhead; MINE, MINE, MINE!



# Raider Fundies



## 3<sup>rd</sup> Basemen

1. **Quick Hands**
  - a. No gloves
  
2. **Fielding Mechanics**
  - a. Present, glove, ball
  - b. Butt low, head over glove
  - c. Right/left field, right/left throw; field into throw
  
3. **Back Hand**
  - a. Head over glove, start low, right leg in line with glove
  
4. **Bad Hops**
  - a. “Make a Play” – out of comfort level; read & react
  
5. **Bunts**
  - a. Read it; glove or cow pie – phantom throw OR to 1<sup>st</sup> basemen.
  
6. **Fly Balls**
  - a. Find the fence, overhead; MINE, MINE, MINE!



# **Raider Fundies**



## **Middle Infielders**

- 1. Quick Hands**
  - a. No gloves
  
- 2. Fielding Mechanics**
  - a. Present, glove, ball
  - b. Butt low, head over glove
  - c. Right/left field, right/left throw; field into throw
  
- 3. Back Hand**
  - a. Head over glove, start low, right leg in line with glove
  
- 4. Bad Hops**
  - a. “Make a Play” – out of comfort level; read & react
  
- 5. DP Drill**
  - a. SS – Receive with two hands, clear bag, phantom throw
  - b. 2B – Receive with two hands, toe tap OR cross, plant and throw
  
- 6. Fly Balls**
  - a. Gray areas; who has priority? MINE, MINE, MINE!



## **Pitcher Fielding Practice (PFP's)**

*Two lines on opposite side of the rubber; alternate lines each turn – coaches will fungo.*

### **1. Round 1**

- a. Hit to 1<sup>st</sup>; Pitcher covers 1<sup>st</sup>, mix in 2<sup>nd</sup> basemen;  
COMMUNICATE!
- b. Comebacker – to plate.

### **2. Round 2**

- a. Comebacker – to 1<sup>st</sup>.
- b. Comebacker – to 3<sup>rd</sup>.

### **3. Round 3**

- a. Comebacker – Turn two.
- b. Bunt to 3<sup>rd</sup>.

### **4. Round 4**

- a. Bunt to 1<sup>st</sup>
- b. Suicide to plate.