



SECOND BASE



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INTRODUCTION

Second base is the heart of the infield. A second baseman MUST become an outstanding fielder to successfully play this position. The double play often depends on the second baseman so he must have great balance, quick footwork, excellent reflexes and serious throwing power.

In this eBook, we'll go through 8 fun and effective second base drills that you can perform as part of a team practice, for individual or small group workouts, or in the back yard at home.

If you'd like to see all these drills performed live with step by step video instructions, you can upgrade to include the Ultimate Fielding Drills Online Video Clinic by going here:

<http://baseball-practice-plans.com/p/upgrade-fielding>

SECOND BASE DRILLS

Drills are an excellent way to break down the basic fundamentals of fielding. They help build game skills and hone a player's technique. Drills also help set a good tempo for the rest of practice or an upcoming game.

Drill #1: Receiving Positions Drill

Complete 10 repetitions of each variation

Purpose: This drill covers three different footwork methods at or around the bag when receiving the ball from the shortstop or third baseman.

Setup: The player should be in his position at second base. The coach will be standing at third base or the shortstop position, throwing balls to the player. This drill can be done individually or with a partner. A teammate or net can be placed at first base. Balls and gloves are required.

Execution:

Receiving Position 1

Slide Behind - The player stays behind the bag the whole time.

1. The player runs to the back of the bag and keeps his feet moving with chop steps.

2. *The coach throws the ball to the player.*
3. *The player tags the back of the bag with his left foot right as he catches the ball.*
4. *The player steps behind with his right foot to make the throw to first base.*
5. *Immediately after the ball is released, the player jumps to avoid the baserunner.*

Receiving Position 2

Step across - Use this method when you have more time to make the play.

1. *The player runs to the back of the bag and keeps his feet moving with chop steps.*
2. *The coach throws the ball to the player.*
3. *The player tags the bag with his left foot by stepping across it as he catches the ball.*
4. *While still in front of the bag, the player steps behind with his right foot to make the throw to first base.*
5. *Immediately after the ball is released, the player jumps to avoid the baserunner.*

Receiving Position 3

Mid-flight Turn - This method allows for a very quick delivery and is effective against a fast baserunner.

1. *The player runs to the back of the bag and keeps his feet moving with chop steps.*
2. *The coach throws the ball to the player.*
3. *The player steps behind with his right foot to the right of the bag and catches the ball.*
4. *The player drags his right foot across the bag as he to makes the throw to first base.*
5. *Immediately after the ball is released, the player jumps to avoid the baserunner.*



Receiving Positions 3 - Mid-Flight Turn

Coaching Tips:

- Remind players not to stand on the bag. Make contact with the bag just after receiving the ball and always jump to avoid the baserunner.

Drill #2: Lead Throws Drill

Complete 5 repetitions of each variation

Purpose: This drill practices four different lead throws to the shortstop. The second baseman must understand how to get the ball to the shortstop quickly and effectively to turn the double play.

Setup: The player should be in his position at second base. The coach will be half way between the mound and second base, throwing balls to the player.

A partner or net should be set up as the shortstop to receive the second baseman's throws. This drill can be run through rotations with multiple players. Balls and gloves are required.

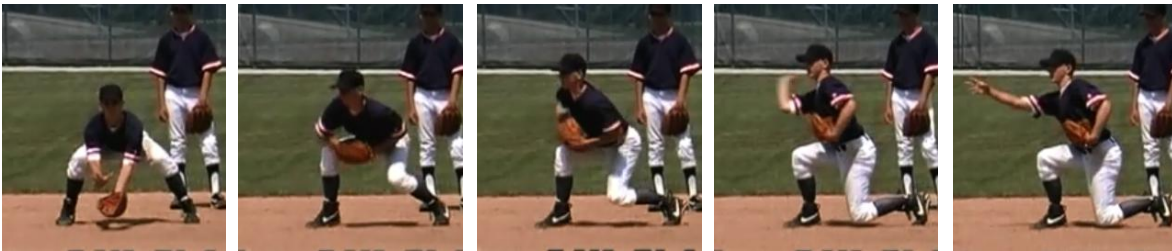


Lead Throws Drill Setup

Execution:**Lead Throw 1**

Swivel Throw – This technique should be used when the ball goes directly to the second baseman.

1. *The second baseman fields the ball in the Breakdown Position.*
2. *After receiving the ball he swivels his feet, opens his body and drops his left knee to the ground.*
3. *He whips his arm to gain velocity and throws a slightly uphill ball, aiming for the shortstop's chest.*



Lead Throw 1 – Swivel Throw

Lead Throw 2

Flip Throw – This technique is used when the ball goes to the second baseman's RIGHT, placing him a short distance from the shortstop.

1. *The second baseman fields the ball in the Breakdown Position.*
2. *He calls "Flip!" so the shortstop is aware that the ball is coming.*
3. *He flips the ball while taking steps toward the shortstop.*

Lead Throw 3

Jump-Turn Throw – This technique is used when the ball goes to the second baseman's LEFT.

1. *The second baseman moves 4-5 feet to his left before getting into the Breakdown Position.*
2. *He catches the ball.*

3. *He quickly jump-turns to face the base.*
 - He changes the position of his feet when doing a jump-turn, the right foot slides behind while the left foot slides forward.
4. *With knees still bent, he throws the ball slightly uphill to the shortstop.*



Lead Throw 3 – Jump Turn Throw

Lead Throw 4

Back to Infield Throw – This technique is used when a player is looking at only getting a force out at second base because the ball takes him way to the left.

1. *The second baseman takes several steps to the left and drops down to field the ball.*
2. *As he stands, he plants hard on his right foot and turns so his back is to the infield.*
3. *He makes the throw to second base just as he is completing the turn.*



Lead Throws Drill – Back to Infield Throw

Coaching Tips:

- Remind players not to rush the throw. A successful out is better than an error when trying for a double play.
- Always use proper fielding and throwing techniques with every drill.

Drill #3: Holding Runners on Second Base Drill

Complete 10 repetitions

Purpose: This drill practices the technique used to hold a runner on second base. The object of holding a runner on base is to keep the runner as close to the bag as possible. Do not allow him to get a good jump on third.

Setup: The player should be in his position at second base. A teammate will play the part of the runner. Gloves are required.

Execution:

1. *The second baseman creeps closer to the runner and pops his glove.*
 - Pop glove- hit your fist into your glove, making a loud noise, to force the runner to move back to the bag.
 - The natural reaction is for baserunner to move back to the bag when he hears footsteps.
2. *Quickly scoot back into a fielding position.*

Coaching Tips:

- The second baseman must be able to field his position while holding a runner on base.
- Be sure to designate which fielder will work primary coverage in specific batting situations. (Ex. Left-handed hitter, power hitter, etc.)

Holding Runners on Second Base Drill



Creep Close to Runner



Pop Glove



Return to Fielding Position

Drill #4: Covering Second Base Drill

Complete 15 repetitions

Purpose: This drill practices the correct technique used to cover second base during a steal situation. There must be good communication between the second baseman and the shortstop.

Setup: The second baseman and shortstop should both be in position. The coach or catcher will be at home plate, throwing balls to the player. Balls and gloves are required.

Execution:

1. *The coach throws the ball to second base.*
2. *The second baseman breaks hard for the bag to receive the throw.*
 - Straddle the bag when receiving a throw, it allows for a quicker ball release.
 - Use the bag as a shield from the baserunner.
 - Do not step forward, in front of the bag. There is a tendency to run out to the ball and then bring it back. This is a much slower technique and will put the baseman in the line of the runner which will only result in injury.
3. *The player not receiving the throw (the shortstop in this drill) must quickly drop behind into the backup position behind the primary receiver in case of an overthrow.*
4. *The second baseman catches the ball and throws it back to the catcher or coach.*

Coaching Tips:

- Remind players to ALWAYS back up the player receiving the throw from the catcher. You never know when the ball might be overthrown or the receiving player may miss the catch.

Drill #5: Cutoff Responsibility and Technique Drill

Complete 10 repetitions

Purpose: This drill covers the proper footwork and body rotation needed to perform a fast cutoff and eliminate any unnecessary steps while turning and throwing the ball.

Setup: One throwing player should be set up in the outfield and the second baseman in his position. A teammate or net can be placed at home plate or third base to catch the ball. Balls and gloves are required.

Execution:

1. *The second baseman faces the player who is throwing to him and raises his hands to show a target to the throwing player.*
2. *The outfielder throws the ball.*
3. *The baseman begins to turn his body as the ball approaches.*
4. *He catches the ball and continues to turn his body in one fluid motion so he is facing his target.*

Cutoff Responsibility and Technique Drill



Target Box



Catch and Turn



Turn and Throw

Coaching Tips:

- Remind players that if their body is not turned while catching, the baserunner will gain two extra steps (six feet) while the baseman is repositioning himself to make the throw.
- This drill can be performed individually by holding a ball, practicing the turning technique and throwing to a net.

Drill #6: Decoying Runners Drill

Complete 15 repetitions

Purpose: This drill replicates a first and third situation where the ball is put into play. The second baseman will slide forward to decoy the runner on third while the shortstop makes the catch at second base.

The goal of this play is to get the runner on third to hesitate for just a split second so the shortstop can make the throw to home and double that runner up.

Setup: The second baseman and shortstop should both be in position. The coach will be on the mound throwing balls to the players. Balls and gloves are required.

Execution:

1. The coach says "Go!" and the second baseman breaks for the front of the bag while the shortstop goes to second base.
2. The coach throws the ball.
3. The throw passes by the second baseman, but he pretends to catch the ball, pops his glove loudly and sets himself up like he's going to make the throw to third base.
 - He is trying to freeze the runner on third base long enough to make plays at second and home.
 - This works because it is difficult for the baserunner to see who has the ball.

Decoying Runners Drill



Second and Shortstop in Position



Second "Pops" Glove While Shortstop Catches and Tags Base

4. The shortstop actually makes the catch and tags second base.

Coaching Tips:

- This is a simple but very effective drill. Practice routine plays until they become habit.

Drill #7: Dive Play Drill

Complete 10 repetitions to each side

Purpose: This drill practices a situation in which a player must dive for the ball and QUICKLY return to his feet to make the throw. The focus of this drill is improving a player's reaction time.

Setup: This drill can be practiced anywhere on the field. The coach will be standing nearby to call commands. This drill can be done individually or with multiple players. Gloves are required.

Execution:

1. *The player is waiting in the Ready Position.*
2. *The coach calls "Go."*
3. *The player takes one step to the side and makes the dive, stretching as far as possible.*
4. *He quickly pops up, squares his body to first base and simulates a throw.*
5. *Practice the dive play to both sides.*



Dive Play Drill

Coaching Tips:

- Practice without a ball until the technique is perfected.
- This is a good drill for players to practice individually to develop a quicker reaction time.

Drill #8: Second Base Pick-Off Plays Drill

Complete 5 repetitions of each variation

Purpose: This drill practices three different pick-off plays. These are important drills for the second baseman and pitcher to practice on a regular basis.

Setup: The player should be in his position at second base. The pitcher will be on the mound. For a more game like simulation, have another player playing the baserunner position. Balls and gloves are required.

Execution:

Daylight Pick-Off Play – used with overly aggressive baserunners.

1. *The second baseman is standing behind the baserunner so the runner cannot see what he is doing.*
2. *The second baseman communicates to the pitcher that the pick-off play is on. He only does this if he thinks he can beat the baserunner to the bag.*
3. *The second baseman breaks to the bag and the pitcher throws to him. The shortstop backs him up in case of an overthrow.*
4. *The second baseman tags the baserunner with the ball.*

Timing Pick-Off Play

1. *The second baseman and the pitcher (or catcher) communicate that the timing pickoff play is on.*
2. *The pitcher looks back at home, counts two seconds and turns and throws. At the same time, the second baseman counts one second and breaks to the bag to receive the throw.*
 - The second baseman must be at the bag when the pitcher turns to throw.

3. *The second baseman catches the ball and tags the baserunner.*

Timing with Cut Play

1. *The second baseman and the pitcher (or catcher) communicate that the pick-off play is on.*

2. *The pitcher looks back at home, counts two seconds, turns and throws.*

3. *When the pitcher looks home, the shortstop freezes the baserunner and the second baseman breaks for the bag.*

- Freezing the runner involves standing between him and the bag so that he hesitates momentarily.

4. *The second baseman catches the ball and tags the baserunner.*

Coaching Tips:

- Use hand signals to communicate different pickoff plays and make sure every player memorizes them.

These eight drills will help every second baseman become quicker and more efficient at his position. The more these skills are practiced, the faster they will become second nature.

Championship teams are the teams that can make routine plays successfully EVERY time!

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