

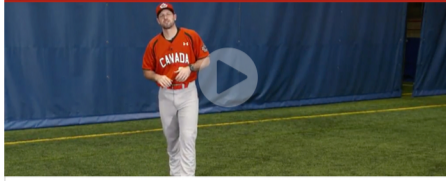
### COACHING

#### COACHING AT FIRST BASE



Learn the first base coach's responsibilities and the importance of the coach's position in the box.

#### COACHING AT 3RD BASE



This video takes a look at third base coach's responsibilities and positioning.

#### HAND SIGNALS AT 3RD BASE



The third base coach needs to use four different hand signals to communicate the situation to the runners.

#### HOW TO THROW A GOOD BATTING PRACTICE



Here are a few tips to ensure that batting practice is efficient when a coach is throwing.

### PITCHING

#### SPIN MOVE BY PITCHER TO 2ND BASE



In this video, we'll explore the mechanics behind a pitcher's spin move to make the out at 2nd base in a double play.

#### COMEBACKER TO THE PITCHER



The pitcher needs to be ready to catch every ball hit in his/her direction and make the play at first base.

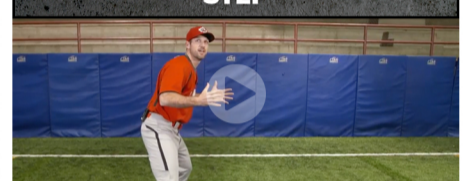
### FIELDING

#### RUNDOWN



This video discusses the key elements of a rundown and what the defensive players should do to control the play.

#### DROP STEP



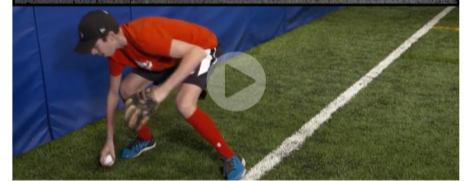
In this video, learn about the drop step, in which situation it is necessary and how to do it properly.

#### 1-6-3 DOUBLE PLAY



A double play is one of baseball's most amazing plays. This video takes a look at the pitcher's throw to second base in the 1-6-3 double play.

#### RECOVER THE BALL AT THE FENCE



This video takes a look at three variations for an outfielder to recover a ball at the fence.

#### PIVOT AT 2ND BASE BY THE 2ND BASEMAN



This video covers the different pivot options a 2nd baseman has at 2nd base when the ball is hit on the left side of the field.

#### 3-6-1 DOUBLE PLAY



Let's look at another double play situation, but this time the focus is on the 1st baseman in the 3-6-1 double play.

#### HOLDING THE RUNNER AT 1ST BASE



This video explains the 1st baseman responsibility in holding a runner at 1st base.

#### PIVOT AT 2ND BASE BY THE SHORTSTOP



Learn the mechanics behind the shortstop pivot at 2nd base in a double play where the ball is hit on the right side of the field.

### CATCHING

#### PITCH OUT MECHANICS



Here are a few tips to improve pitch out's efficiency.

#### CATCHER DRILL #1



Here are three drills ideas to help catchers receive the ball.

#### CATCHER DRILL #2



A footwork drill for the catchers to help them with speed and agility is presented in this video.

#### CATCHER DRILL #3



A catcher's first steps after he's blocked a ball is really important, this drill helps teach them about recovering after blocking a ball.

### BASE RUNNING

#### PRIMARY LEAD AT 2ND BASE



This video discusses key elements of the primary lead at 2nd base and what information should the runners know.

#### SECONDARY LEAD AT 2ND BASE



Learn how and when the runner should do a secondary lead at 2nd base.

#### WALKING LEAD AT 3RD BASE



Learn, in this video, the keys points of the walking lead at 3rd base.

#### CATCHER THROWING TO 1ST BASE FOLLOWING A BUNT OR A PASSED BALL



This video explains how a 1st baseman should be positioned when he/she receives a throw from the catcher.

