

Infield/ Outfield routine



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|----------------------------------------------|
| 1. Control the baseball |
| 2. All OF throws to be at a cuttable height. |
| 3. Always maintain proper footwork |
| 4. Smooth not rushed |
| 5. Chest high throws over the base |

Round	Position	Throw to	Fungo hitter	Outcome	After play
Round 1	LF, CF, RF	2B	Ground ball at player	Long hop to base or straight to cut.	2B -3B-catch off
Round 2	LF, CF, RF	2B	Ground ball away from base	Long hop to base.	"
Round 3	LF, CF, RF	2B	Ground ball away from glove side	Reverse pivot with long hop to base.	"
Round 4	LF, CF	3B	Ground ball away from base	Long hop to base.	3B-catch off
	RF	"	Ground ball straight at player	"	"
Round 5	LF, CF	3B	Ground ball away from base	Long hop to base.	3B-catch off
	RF	"	Ground ball straight at player	"	"
Round 6	LF,CF,RF	Home	Ground ball straight at player	Long hop to plate. If needs to be cut then throw to 2B.	Cather flip to hitter or 2B-3B-catch off
Round 7	LF,CF,RF	Home	Regulation fly ball	Do or die throw to home.	Catcher flip to hitter

After each positions final throw move to CF for fly ball/ groundball fungoes

Round 8	IF	Throw around		Chest high throws and maintain proper footwork	
Round 9	IF.	Home	IF position in. Ground ball at player	Chest high throw 3B side of home plate	Flip to hitter
Round 10	IF	1B	Ground ball straight at player	Chest high throw over base	1B-catch off
	C	"	Bunt 1B side (roll ball)	Clear running path. Chest high throw over base	1B back to catcher
Round 11	IF	1B w/ cover	Ground ball straight at player	Chest high throw over base	1B-C-(fielder's base)-3B-catch off
	C	1B	Bunt 3B side (roll ball)	Reverse pivot with chest high throw over base	1B back to catcher
Round 12	IF	Double play	Ground ball just away from their base	Chest high throw 1B side of 2B	1B-catch off
	C	Double play	Bunted ball in front of plate (roll ball)	Chest high throw over base	"
Round 13	IF	Double play w/cover	Ground ball just toward their base	Chest high throw 1B side of 2B	"
Round 14	IF	1B	Ground ball back hand side	Chest high throw or long hop	"
Round 15	3B, SS, 2B	1B	Slow roller forehand side	Chest high throw	"
	1B	3B	Slow roller just leading toward 3B	"	3B-catch off
Round 16	C/ IF		Pop ups	Communication	