

# PRESSURE DEFENSE; A GREAT DRILL & 1<sup>ST</sup> and 3<sup>RD</sup>

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# KEY GAME ELEMENTS TO HAVE IN PRACTICE:

## **PACE:**

- practice at the pace of a game (*5 swings in a game usually takes over 2 minutes, 5 swings in practice take 9 seconds*)
- know the difference between being quick and rushing

## **COMPETITION:**

- keeping score
- timing things
- player versus player
- post results

## **ACCOUNTABILITY:**

- eliminate all “End on a Good One” and “Just One More”
- you don’t get either in a game

## **CONSEQUENCE:**

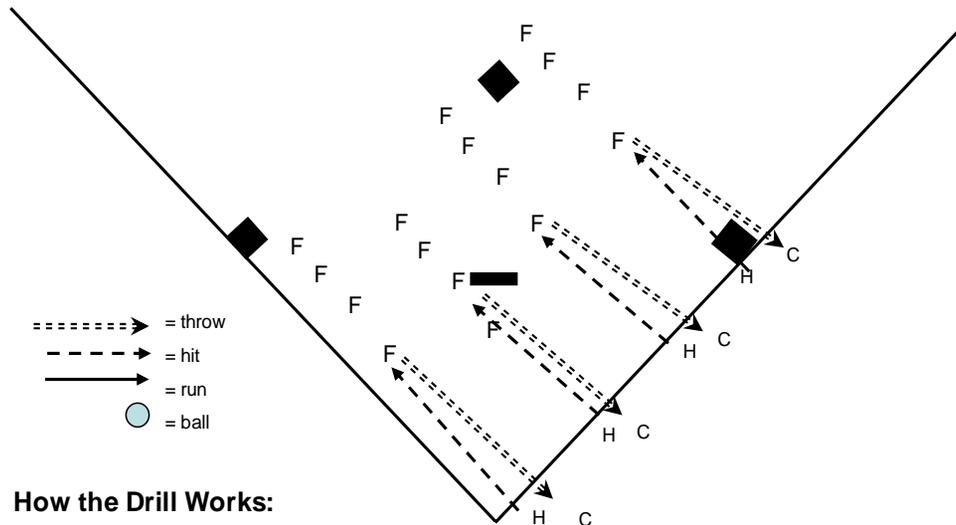
- what’s the consequence in practice for a bad play or decision?
- consequence adds pressure & players usually handle pressure poorly

# Great Drill to Improve Defensive Skill Under Pressure

## Drill Name: 10 in a Row

**Object:** This is a fielding drill that also really helps players deal with failure and frustration

**Setup:** all infielders and pitchers will be the fielders in this drill and all catchers and outfielders will be the hitters and catchers in this drill. All the fielders (F) will have their gloves and they'll break up into 3-5 lines. Each line will have one hitter with a bat and ball (H) and one catcher with her glove (C).

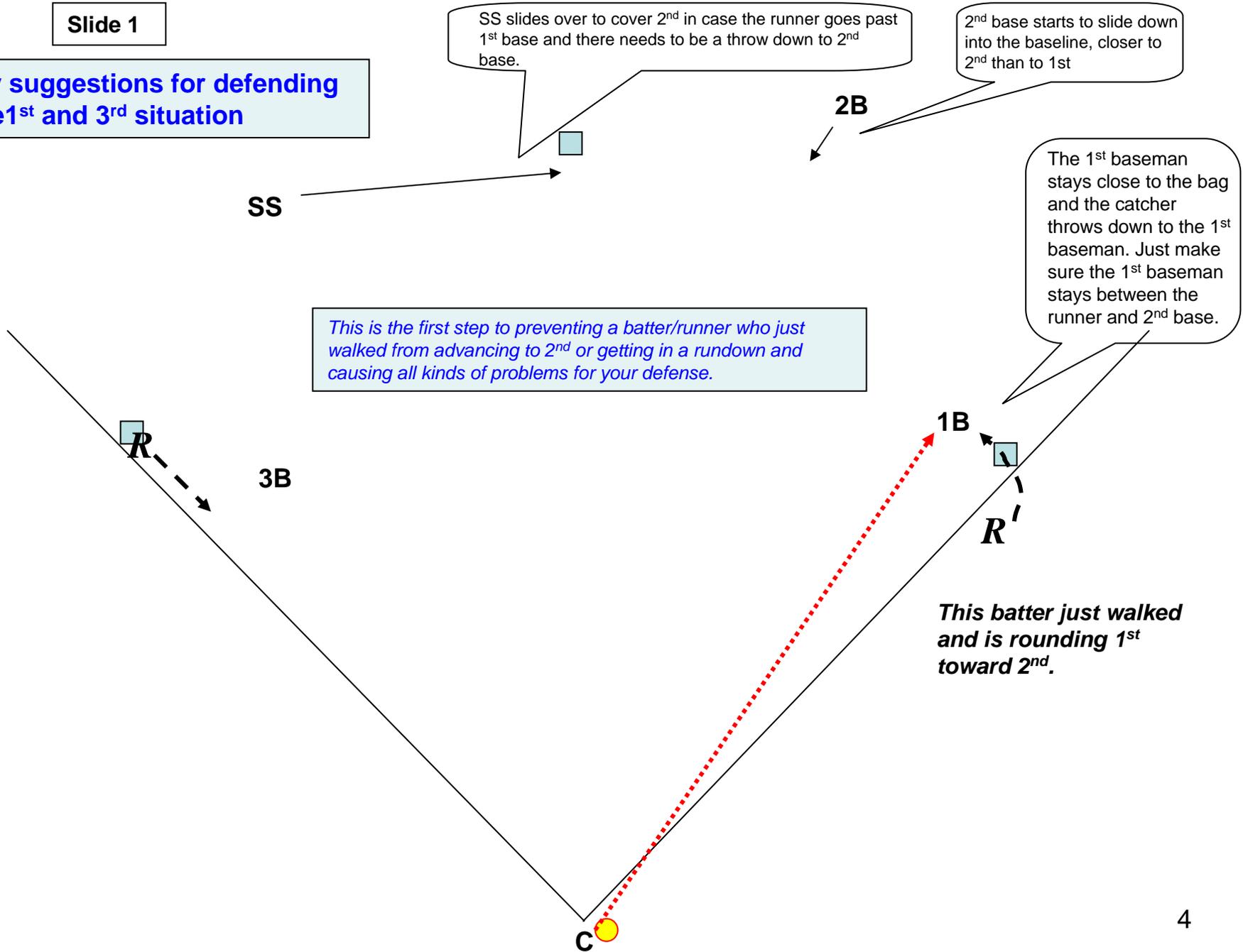


### How the Drill Works:

- Each row acts separately from all the others.
- The object is very simple...the player at the front of each line is the only one fielding ground balls. She must field and throw 10 of them, in a row, without making any bad throws, and without letting any of them go past her or if she bobbles any, without quitting on the play.
- If she does (make 10 in a row) then she moves on to the next line.
- If she either misses a ball, bobbles one and quits on it, or she makes a bad throw – then she goes back to Zero and starts over. She won't go to the end of the line in this case, she stays at the front fielding balls, her count just goes back to zero.
- Each player, must successfully do 10 in a Row in each line – when they have then that player is finished and can go sit down.
- Some lines will be piled up with players and others will have only 1 or 2 in it, this will all depend on how well the player in the front of that line is doing.
- The hitters and catchers will change off every once in a while.
- This is a GREAT drill to work on handling your frustrations and mistakes.

Slide 1

My suggestions for defending the 1<sup>st</sup> and 3<sup>rd</sup> situation



**Slide 2**

SS breaks to cover 2<sup>nd</sup> to prevent the runner from running past the 2<sup>nd</sup> baseman.

The 2<sup>nd</sup> baseman will step up into the baseline depending upon how fast the runner is going from 1<sup>st</sup> to 2<sup>nd</sup>.

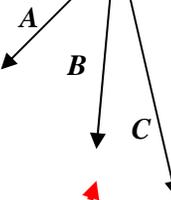
*A* – She'll stay closer to 2<sup>nd</sup> if the runner is going pretty fast.

*B* – about half-way if she's running average speed.

*C* – and close to 1<sup>st</sup> if the runner just stops at or near 1<sup>st</sup>.

SS

2B



*This slide shows some different options for defending the 1<sup>st</sup> and 3<sup>rd</sup> play once they start their runners in motion*

