1st Base Infield Plans

This is a practice that can be done on the field as well as off. The goal is to obtain mental readiness so you can execute the plan without thinking after the ball is hit. Remember **CPT**:

**Control –** *Am I in my ready position? Glove on, standing in right area…*

**Plan –** *What’s my play if I get the ball; plan the play before it happens, have a backup plan; if I drop the ball then what?*

**Trust –** *Trust! Trust that you will execute your plan because you’ve already gone over it in your head.*

**Mental Checklist**

1. Control: Am I in my ready position?
2. Plan: If I get the ball. ***1st base strategies***

**NOTE: If I don’t see the ball coming to me, I go to 1st base always, facing the ball.**

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| RUNNERS ON | MY PLAN | MY BACKUP PLAN |
| None | Touch 1st base. | Possible throw to 2nd base if runner continues, else get it back to pitcher. |
| 1st | Touch 1st base. Throw to 2nd.  | Possible throw to 2nd or 3rd base if runner continues, else get it back to pitcher. |
| 1st, 2nd  | Touch 1st base. Possible throw to 3rd. | Possible throw home depending on if runners continue, else get it back to pitcher. |
| 1st, 2nd, 3rd | Touch 1st base. Throw to home. | Possible throw to home, else get it back to pitcher. |
| 2nd | Touch 1st base. Possible throw to 3rd or home. | Possible throw home, else get it back to the pitcher. |
| 2nd, 3rd | Touch 1st base, possible throw to home. | Possible throw to home, else get it back to the pitcher. |
| 1st, 3rd | Touch 1st base, possible throw to home. | Possible throw to home, else get it back to the pitcher. |
| 3rd | Touch 1st base, possible throw to home. | Possible throw to home or to 2nd if runner continues, else get it back to the pitcher. |

1. Trust!

Mastering the force outs is a good place to start since they take less strategy. Planning the play can be done on the field and off. As a mental exercise, you can run through plays with your child in the car, on the way home from school or at home for a few minutes. The more mental repetitions they have of thinking the play the chances are higher they will execute the play without thinking once presented with the situation.

**Pick Off**

When there’s a runner on first, cover your bag before the pitcher commits to a pitch. If the pitcher commits to a pitch, move back to your ready position.

Right hander: stand in front of the bag

Left hander: stand behind the bag

**Drop 3rd Strike**

Drop third strike is when the catcher cannot cleanly catch the 3rd strike. The ball may hit the ground first, or over the catcher head, or simply catcher drops the ball. In any case, if it’s the batter’s 3rd strike it is a drop third strike. ***Drop third is in affect when no runner on first base or with two outs.***