3rd 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. ***3rd base strategies***

**NOTE: If I don’t see the ball coming to me, I go to 3rd base always, ready to catch the ball.**

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| RUNNERS ON | PLAN | BACKUP PLAN |
| None | Throw to 1B. | Get it back to the pitcher. |
| 1st | Throw to 1B. | Look for tag of oncoming runner, else get it back to the pitcher. |
| 1st, 2nd | Tag 3B base, come off quick and throw to 1B if you can make the play. | Look for tag of oncoming runner, else get it back to the pitcher. |
| 1st, 2nd, 3rd | Tag 3B base, come off quick and throw to 1B if you can make the play. | Look for tag of oncoming runner, else get it back to the pitcher. |
| 2nd | Throw to 1B. | Look for tag of oncoming runner, else get it back to the pitcher. |
| 2nd, 3rd | Throw to 1B. If it’s a near the end of the game and close score, you may try and hold runner on 3B by throwing home. | Look for tag of oncoming runner, else get it back to the pitcher. |
| 1st, 3rd | Throw to 1B. If it’s a near the end of the game and close score, you may try and hold runner on 3B by throwing home. | Get the ball back to the pitcher. |
| 3rd | Throw to 1B. If it’s a near the end of the game and close score, you may try and hold runner on 3B by throwing home. | Get the ball 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.

**Bunts**

If the batter is bunting or does a delay bunt, you must run up to cover a possible bunt down 3rd baseline. Cover as much as you can the pitcher will cover the 1st base line.

**Runner Stealing**

When a runner is on 3rd base in any of the following picture, you will cover 3rd base for a possible throw from the catcher to tag the runner out.

* Only cover 3rd base once you know the batter has not hit the ball! Once the ball is returned to the pitcher, you return to your normal position.

