

U of O: Two-Side PFP Drill

Objective: This drill is designed for high energy maximum reps with pitchers and infielders working on bunts, come-backers, double plays involving the pitcher and ground balls to the right side. We split the field and use two pitchers at a time on the mound (one working on the 3B side and the other on the 1B side).

Time Commitment:

We allow 25 minutes for this drill using 3 – 8 minute rotations.

Who is involved:

*Pitchers, infielders, one or all catchers, 2 fungo hitters, 2 shaggers.

Pitchers • A line of pitchers on each side in foul territory. After each rep a set of new pitchers hustles to the mound. After their rep we have our pitchers switch lines and wait for their next opportunity. Continue to repeat this process throughout the drill

Rotations: (8 minute rotations)

Rotation #1

(3B side) P's, C, 3B are working on the come-backer 1-2 with catcher arm faking to 1B and throwing back door at 3B for the overaggressive round at 3B. Third baseman is receiving throw from the catcher and working on the tag. (1B side) 1B, P's, and all middle INF's (at 2B) are working on SAC bunts to right side, slash, push, pitchers covering 1B on balls in the 3-4 seam and balls down 1B line

Rotation #2

(3B side) P's and 3B working bunt communication on 3B side (This can be a force or tag at 3B)
(1B side) P's, MIF's and 1B's are working on the 1-6-3 and 1-4-3 comeback double play.

Rotation #3

(3B side) P's and C's working on squeeze play feeds; 3B's are working on tags at 3B taking throws that are coming from the OF
(1B side) P's, 1B's and MIF's are working on 3-6-1 double plays

Notes for Rotation #1 • Can be simultaneous action on both sides

Notes for Rotation #2 • Stagger the reps so that if a pitcher working on bunts to the 3B side has no play at 3B he can safely set his feet and throw to the 1B to get an out. Then proceed with the other side's rep. We have our pitchers who are involved in the bunt rep, start on the slope of the 1B side. We do this to maximize the game-like experience since our pitchers are not required to make a competitive pitch to the plate in this drill.

Notes for Rotation #3 • We stagger the reps so that if a pitcher working on the squeeze has no play at home, he can still get an out at 1B with a live throw (vary angle of simulated bunt). This also allows for the pitcher to be committed to the squeeze play without worrying about getting hit with a fungo from the other portion of the PFP.

FUNGO LOGISTICS

Rotation #1:

Fungo 1B side: just up the 1B line
Fungo 3B side: In RH box

Rotation #2: (Staggered reps, so work together to give room for each to work in the batter's box)

Fungo 1B side: RH Box
Fungo 3B side: LH Box

Rotation #3: (Staggered reps to allow for safety)

Fungo 1B side: behind 3B line with a little depth; at an angle to hit fungo to the 1B for the 3-6-1
Fungo 3B side: From LH box