

**INDIANA UNIVERSITY**



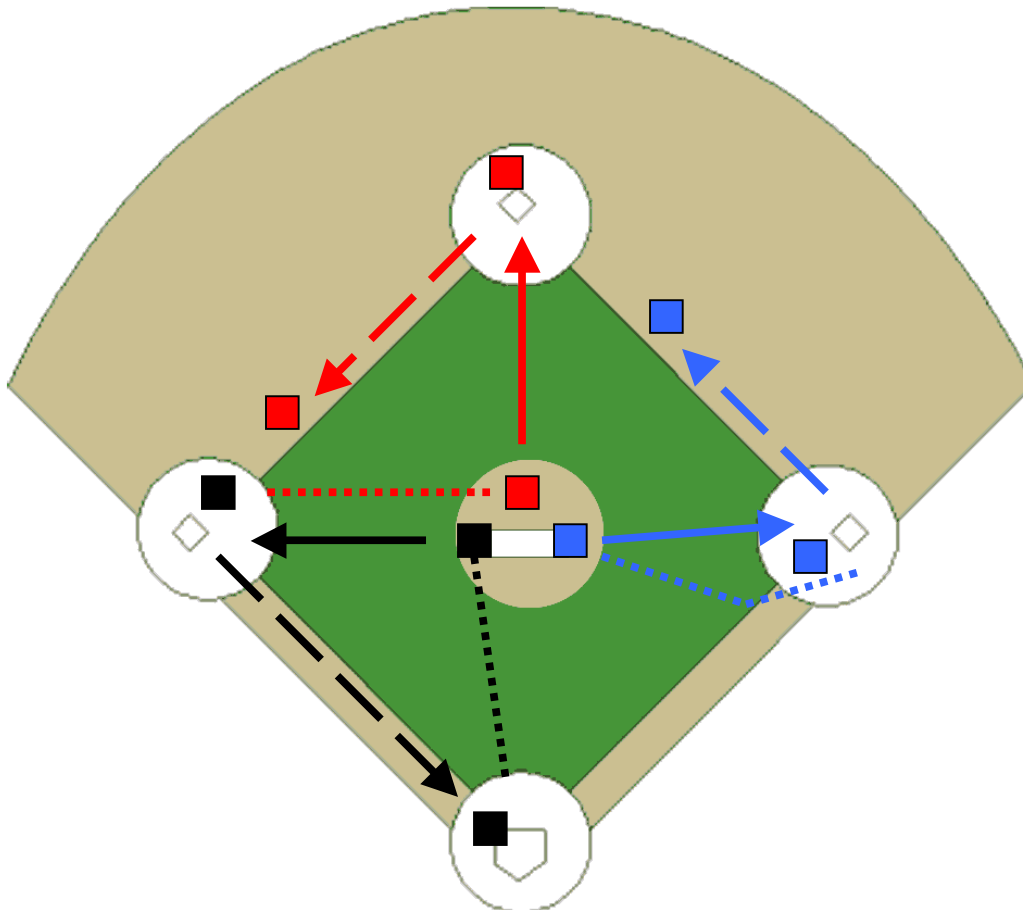
**BASEBALL**

By Bob Morgan

# Indiana Baseball Practice Schedule

2:45	Early work-specialty			
3:00	Cals, dynamic stretching			
3:10	Throw			
3:20	Run Downs & Pick Offs			
3:30	<u>M-W-F</u>	or	<u>T-Th-S</u>	<u>Batting Practice</u>
	Double Fungo		Hoosiers	Pitchers:
			3 Line	Throwing, Back ups, Conditioning
			Multi purpose	
3:55	Continuous Infield			
4:10	Outfield throws			
4:20	Pigmy Infield			
4:35	Batting Practice	Pitchers: (1) Throw bullpens (2) Back Ups (3) Conditioning		
5:15	Base-running			
5:30	Adjourn			

# Pickoff Rundowns



Form 3 lines of  
pitchers on mound

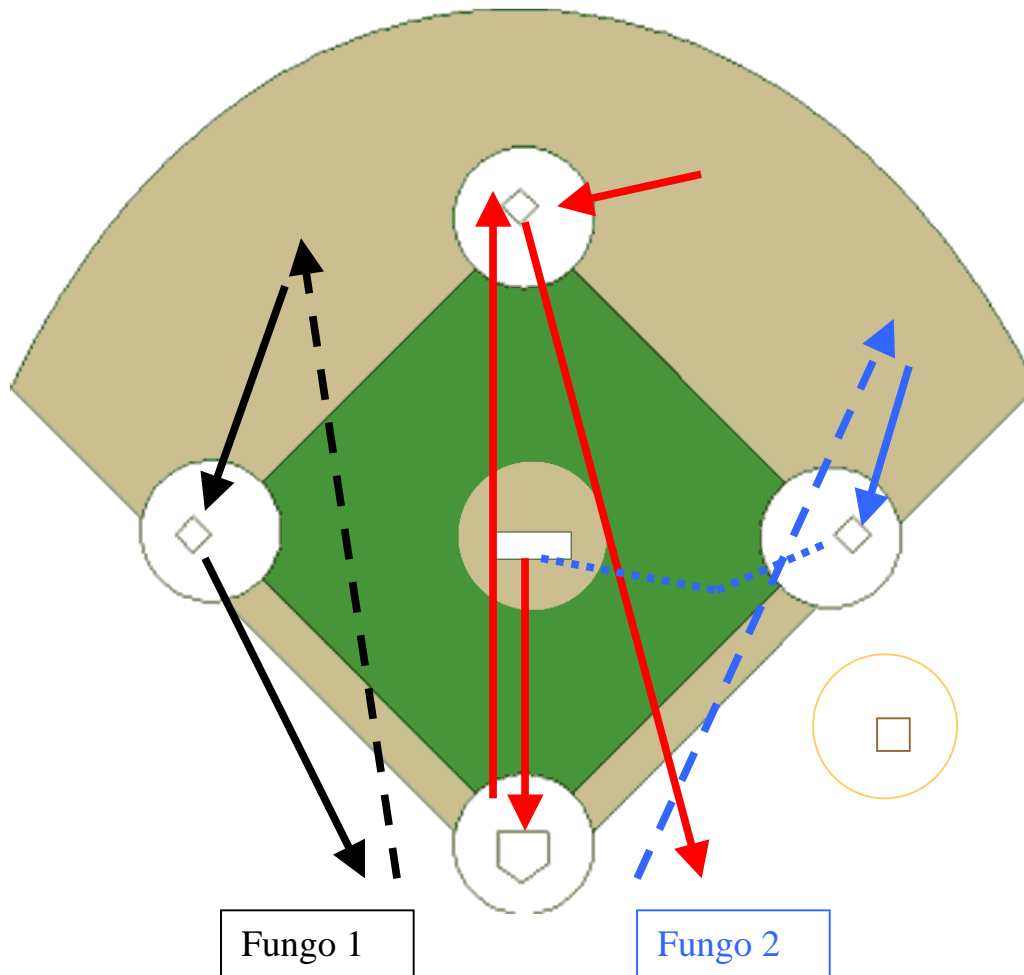
Blue: (line 1): P pick  
to 1B, rundown  
between 1<sup>st</sup> and 2<sup>nd</sup> ,  
P back up 1<sup>st</sup>

Red: (line 2): P pick  
to 2B, rundown  
between 2<sup>nd</sup> and 3<sup>rd</sup> ,  
P back up 3<sup>rd</sup>

Black: (line 3): P  
pick to 3<sup>rd</sup>, rundown  
between 3<sup>rd</sup> and  
home, P back up  
plate



## Double Fungo Part 2

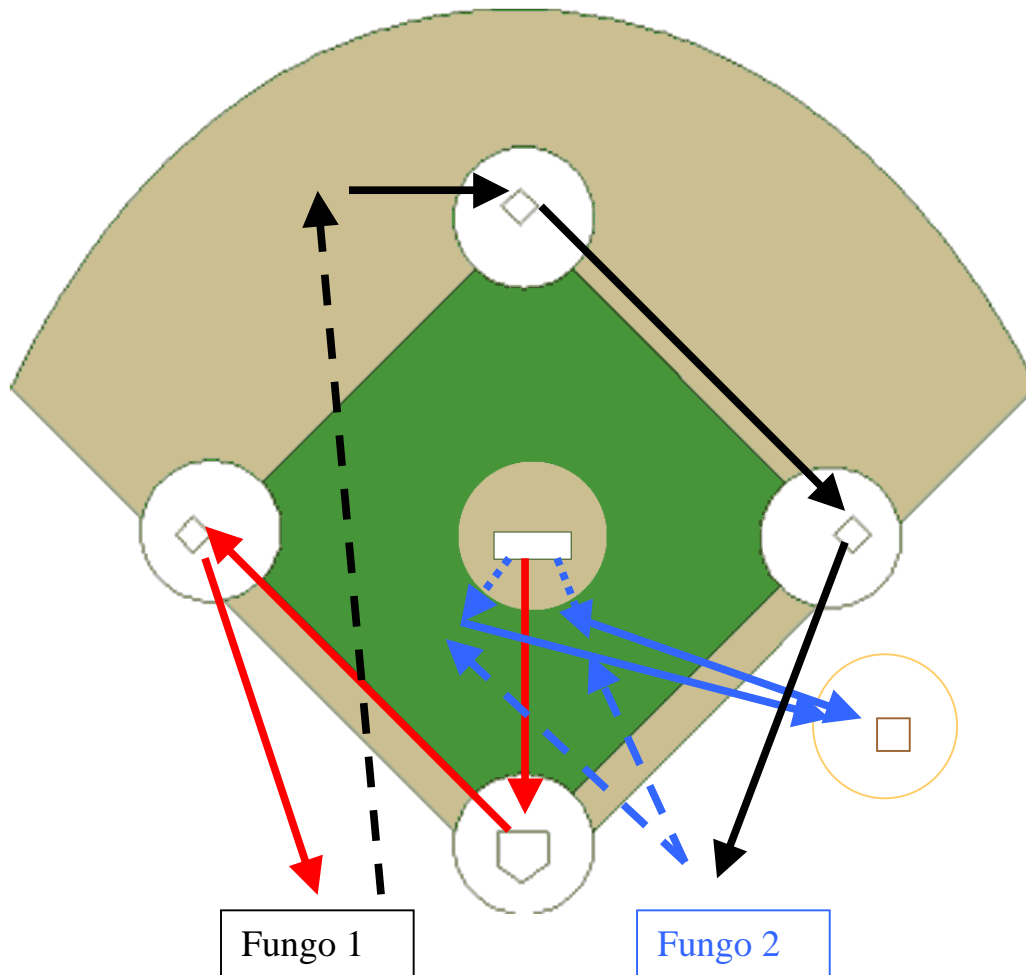


Red: Pitcher delivers pitch to home, C throws to 2B, ball back to fungo 2.

Blue: On pitch, Fungo 2 hit ground ball to 1B, pitcher covers, ball back to pitcher.

Black: On pitch, fungo 1 hit ground ball to SS hole, SS to 3B, ball back to fungo 1.

## Double Fungo Part 3



Red: Pitcher delivers pitch, C throws to 3B, ball back to fungo 1.

Blue: On pitch, fungo 2 rolls bunt left and right side of mound, P throws to short 1B, ball back to pitcher.

Black: On pitch, fungo 1 hit ball to SS, turning 6-4-3 double play, ball back to fungo 2.

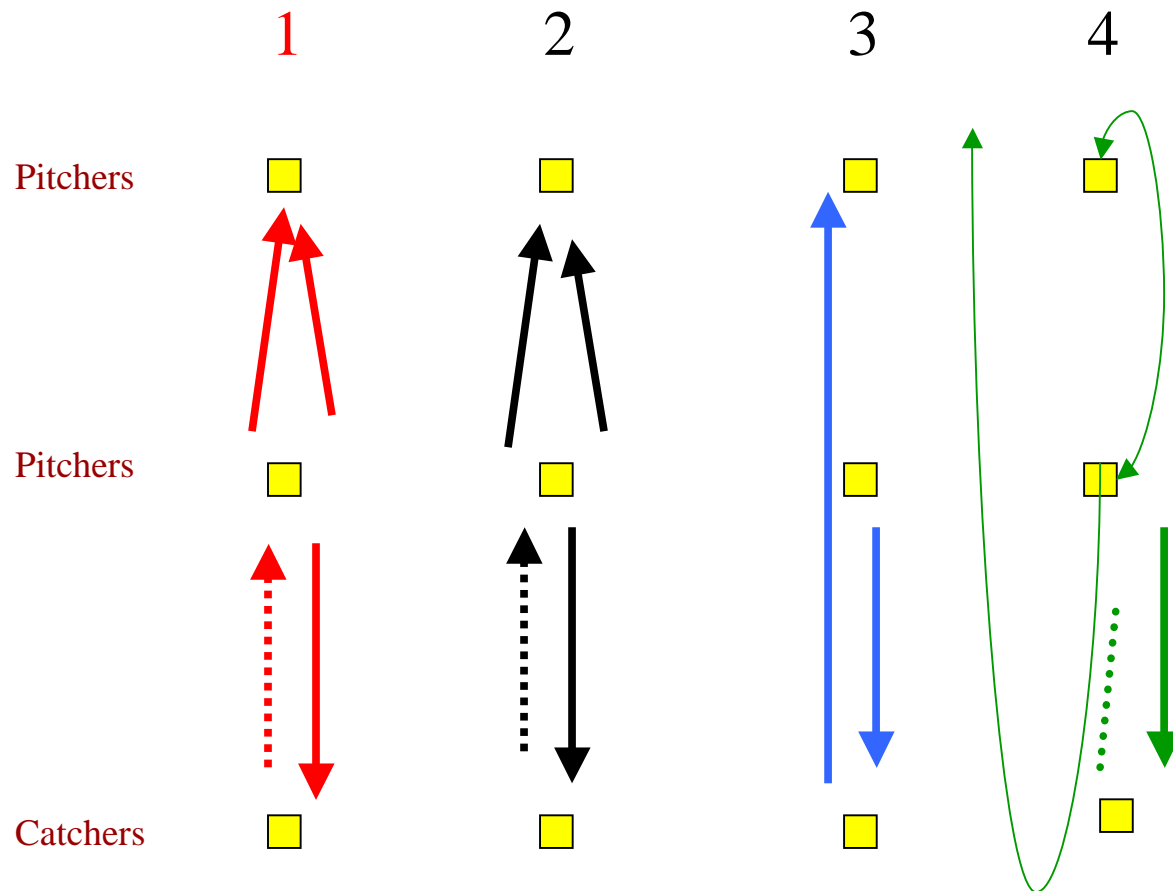






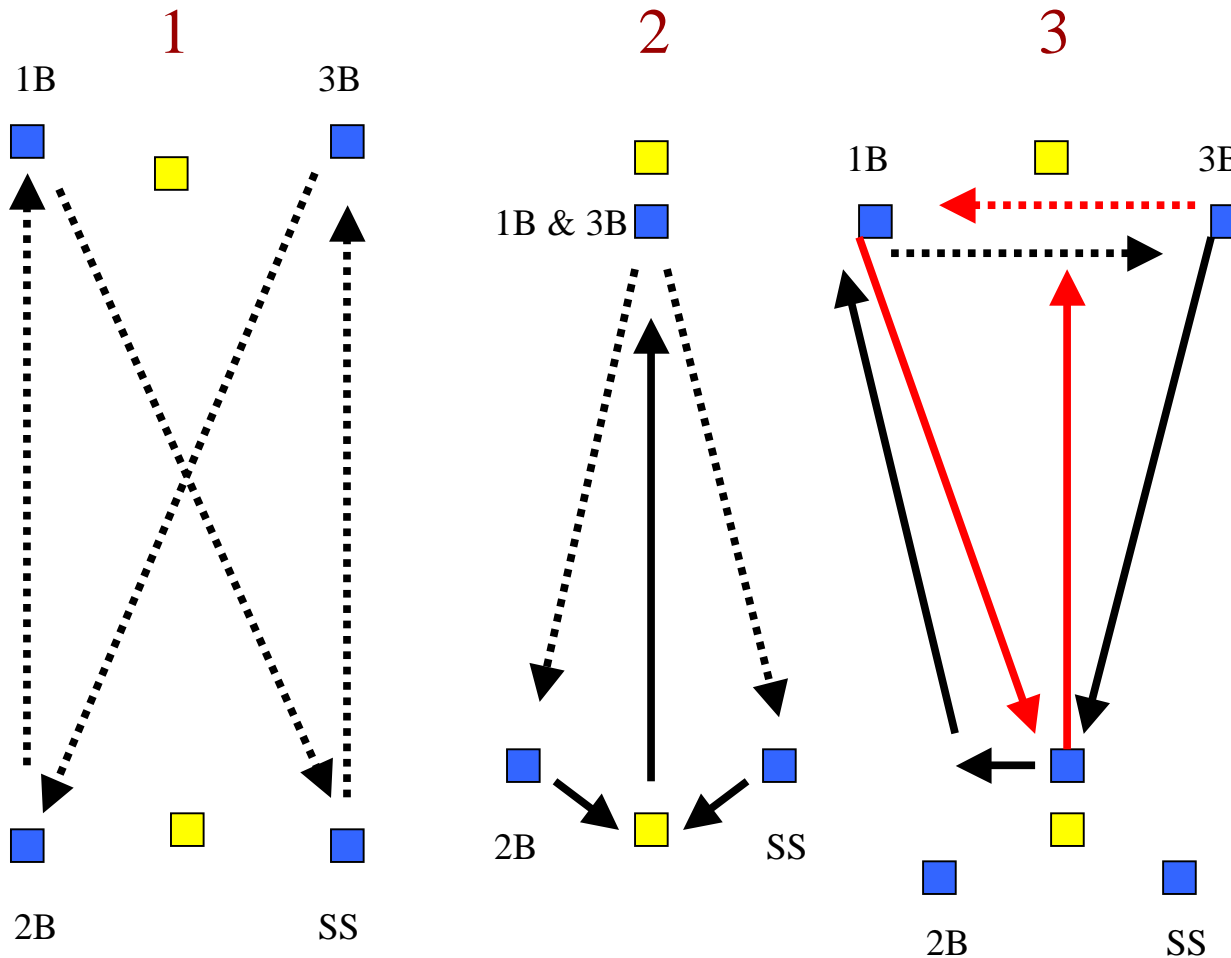


# Hoosier (Pitchers & Catchers)



1. P throws pitch, C throws ground ball, P clears mound and throws to 2B.
2. Repeat same sequence in 1.
3. P throws pitch, C throws through to 2<sup>nd</sup> base.
4. P throws pitch, C rolls out squeeze bunt, P flips to C, P at 2<sup>nd</sup> base moves to pitching position, pitcher moves to 2B position.

# Hoosier (infielders)



1. Alternating ground balls in a four corner formation

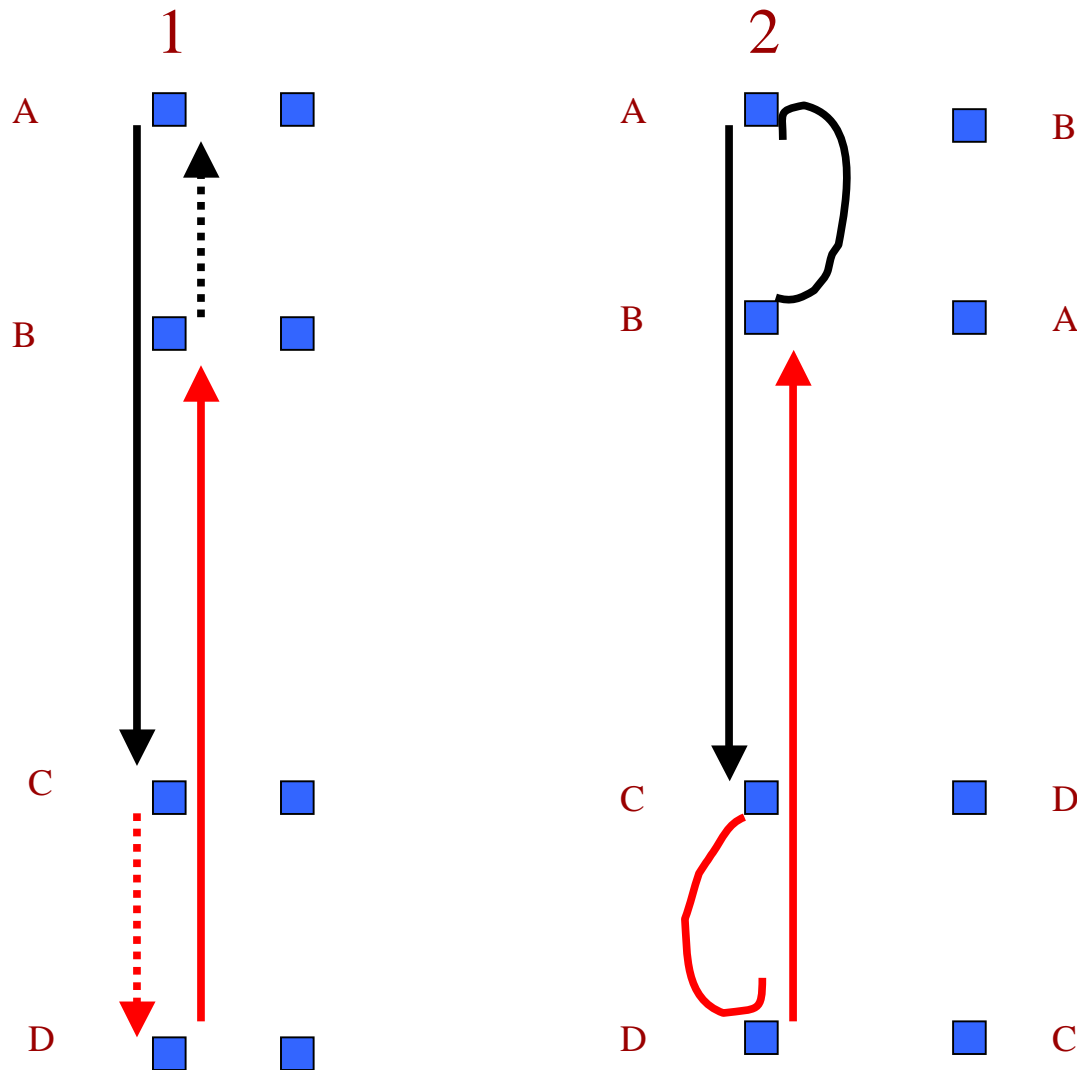
2. Alternating double plays with middle infielders

3. Double plays with corner infielders

1. 3B turn play, middle infielder fake and give ball back to 1B

2. 1B field, middle infielders turn double play with throw

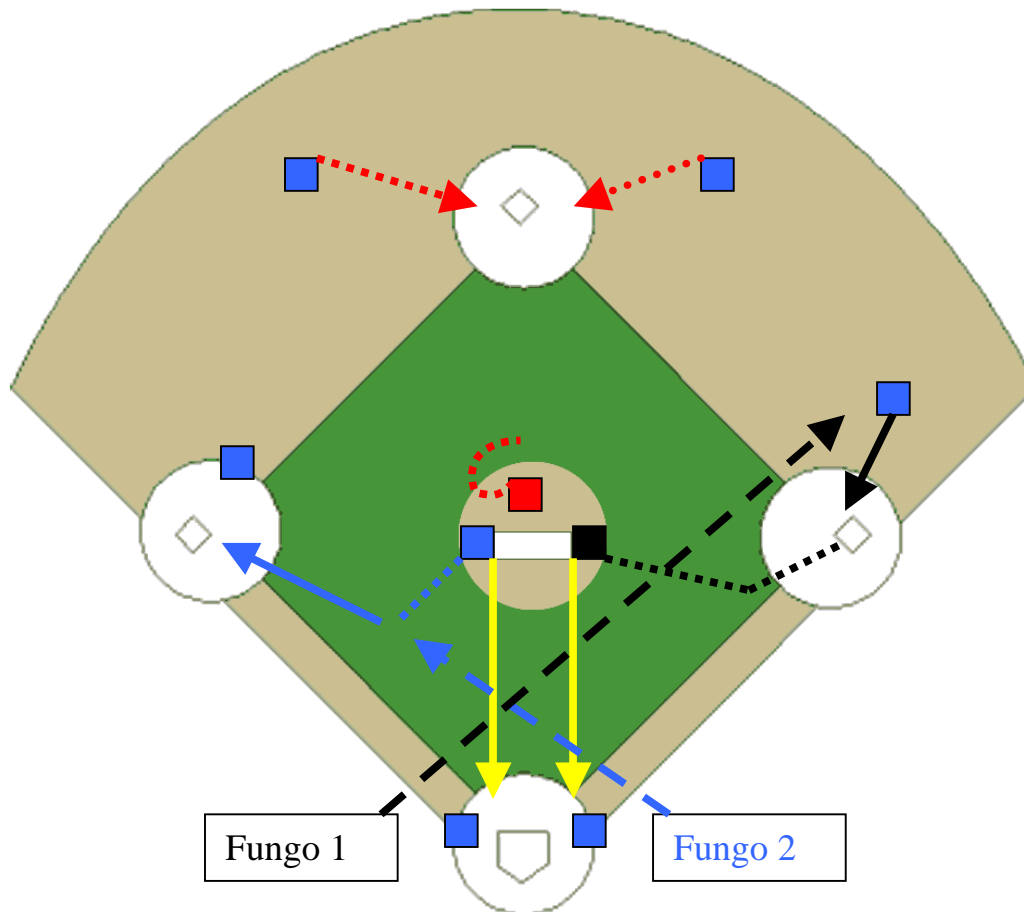
# Hoosier (outfielders)



1. B rolls ground ball to A, throw to cutoff man C. C rolls ground ball to D, D throw to cutoff man B. After two rounds A switch with B, C switch with D.

2. B throws fly ball to A, throw to cutoff man C. C throws fly ball to D, D throw to cutoff man B. After two rounds A switch with B, C switch with D.

## 3- Line Drill



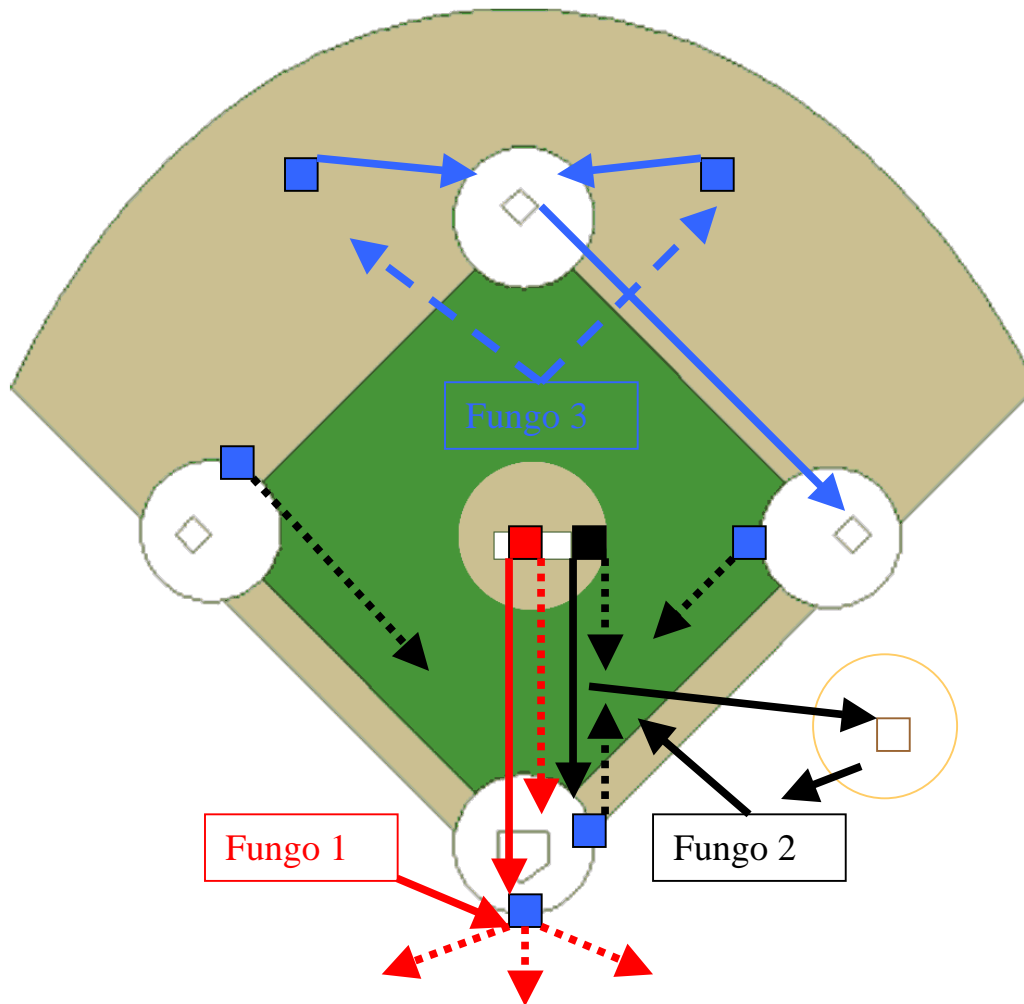
Red: Pitcher in line 2 can run pickoffs, inside move play, count play or daylight (open glove).

Blue: Pitcher in line 3 will run 3-line bunt, play at 3<sup>rd</sup> or 3B field slow roller.

Black: Pitcher in line 1 will cover 1B, field bunt, or a slow roller with 1B communication.



## Multi-Purpose Drill Part 2

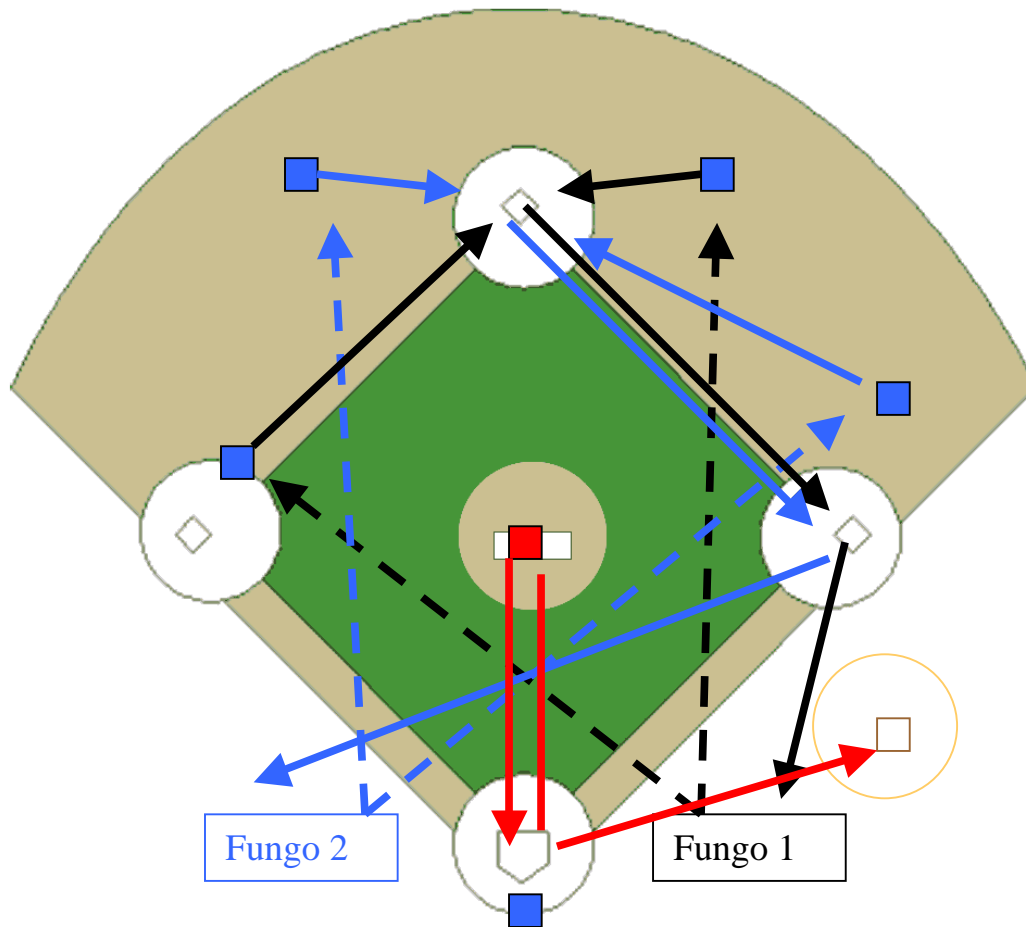


Red: Pitcher delivers pitch, wild pitch. Pitcher cover home, C throws ball, P makes tag.

Black: Pitcher delivers pitch after a delay, 1B, 3B, P and C are in bunt coverage, field bunt play.

Blue: Alternate feeding and turning double plays with middle infielders.

# Multi-Purpose Drill Part 3

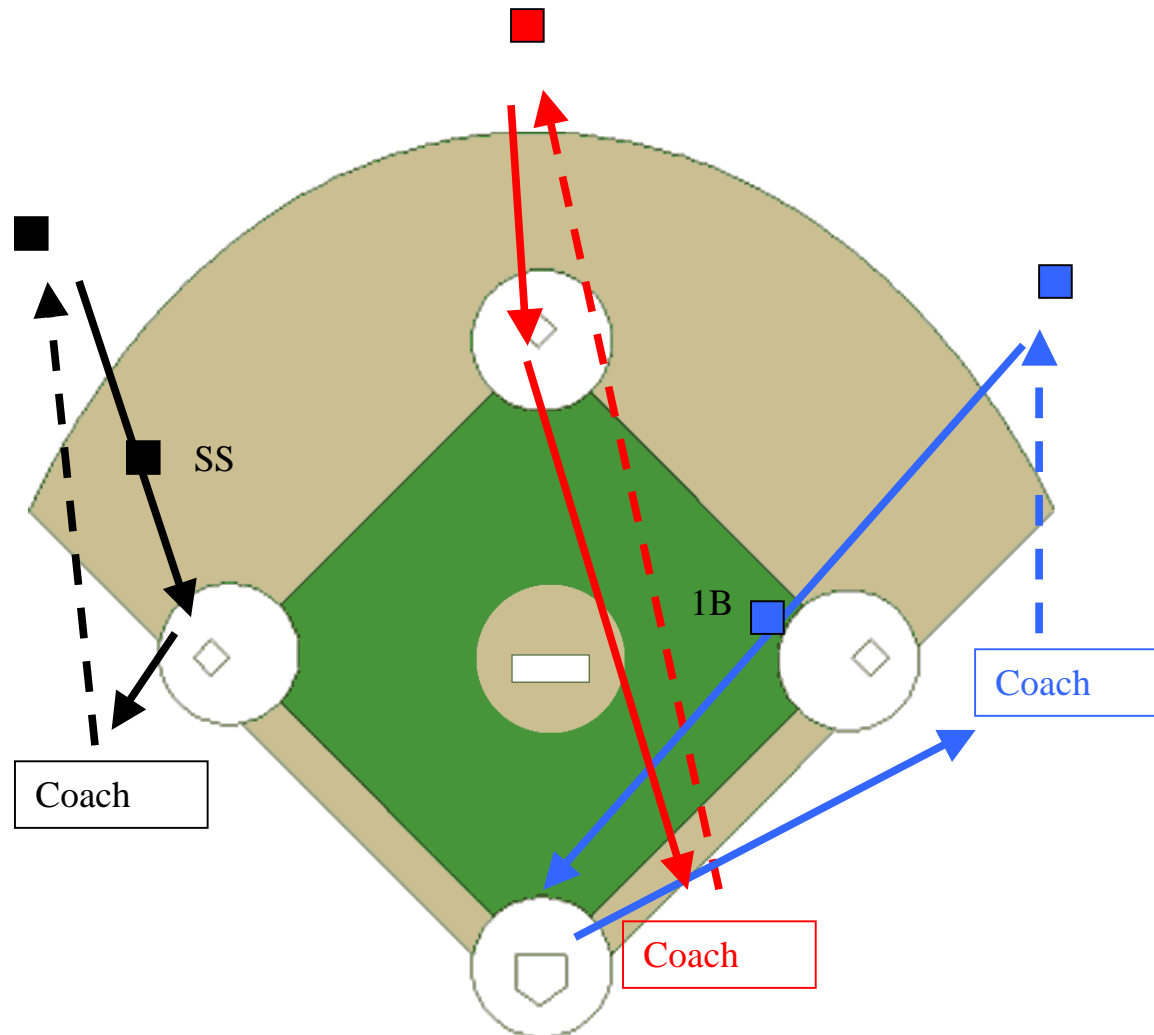


Red: Pitcher  
delivers pitch, C  
throws combacker,  
turning 1-2-3 (short  
1B) double play.

Black: Fungo 1  
alternates ground  
ball to 3B and 2B  
in-between fungo 2,  
turning 5-4-3 and 4-  
6-3 double plays.

Blue: Fungo 2  
alternates ground  
ball to SS and 1B in-  
between fungo 1,  
turning 6-4-3 and 3-  
6-3 double plays

# Outfield Throws Part 1

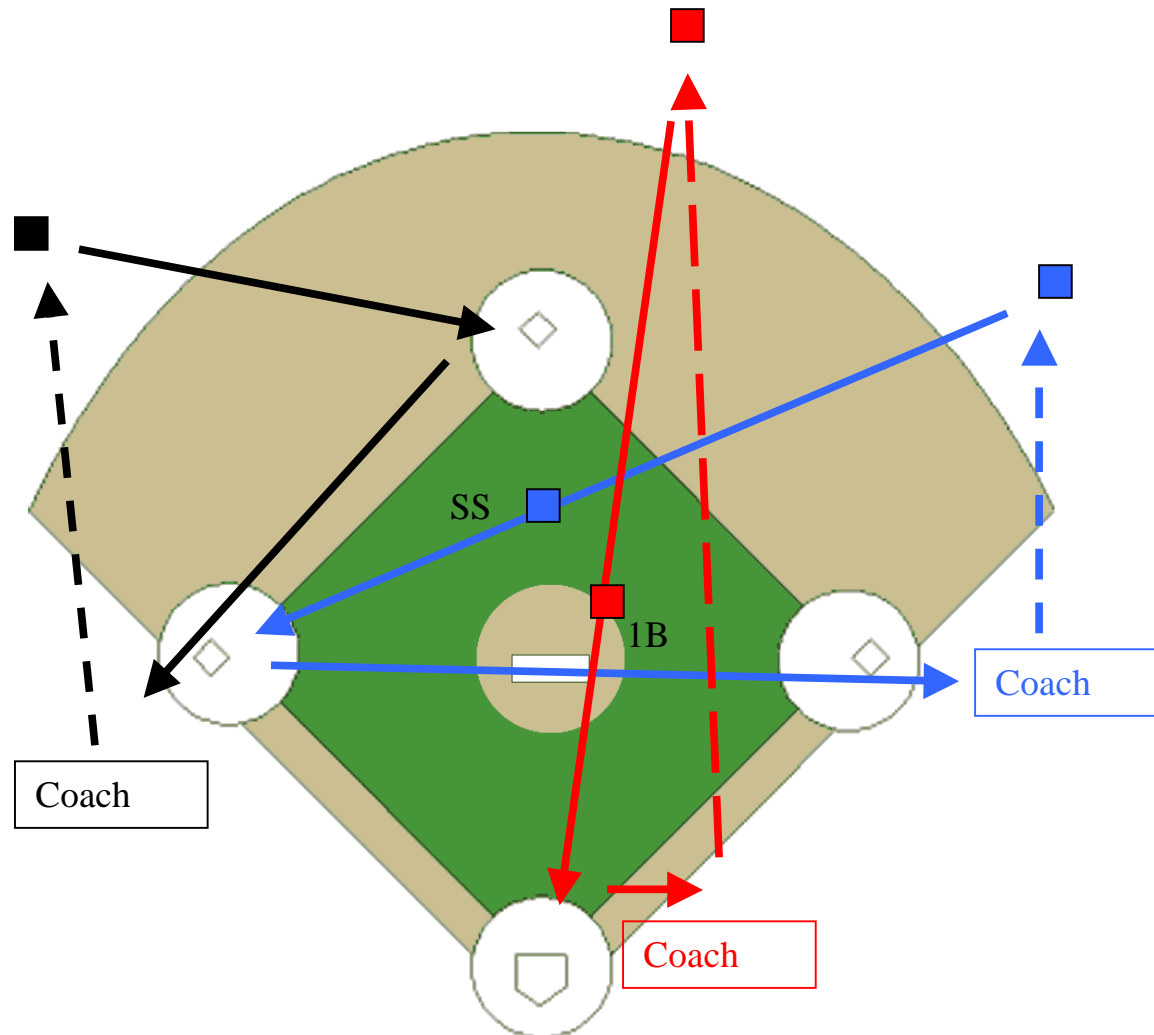


Red: CF throws to second with no cutoff, 2B at bag

Blue: RF throws to home plate, 1B cutoff, C communicate

Black: LF throws to third, SS cutoff

# Outfield Throws Part 2

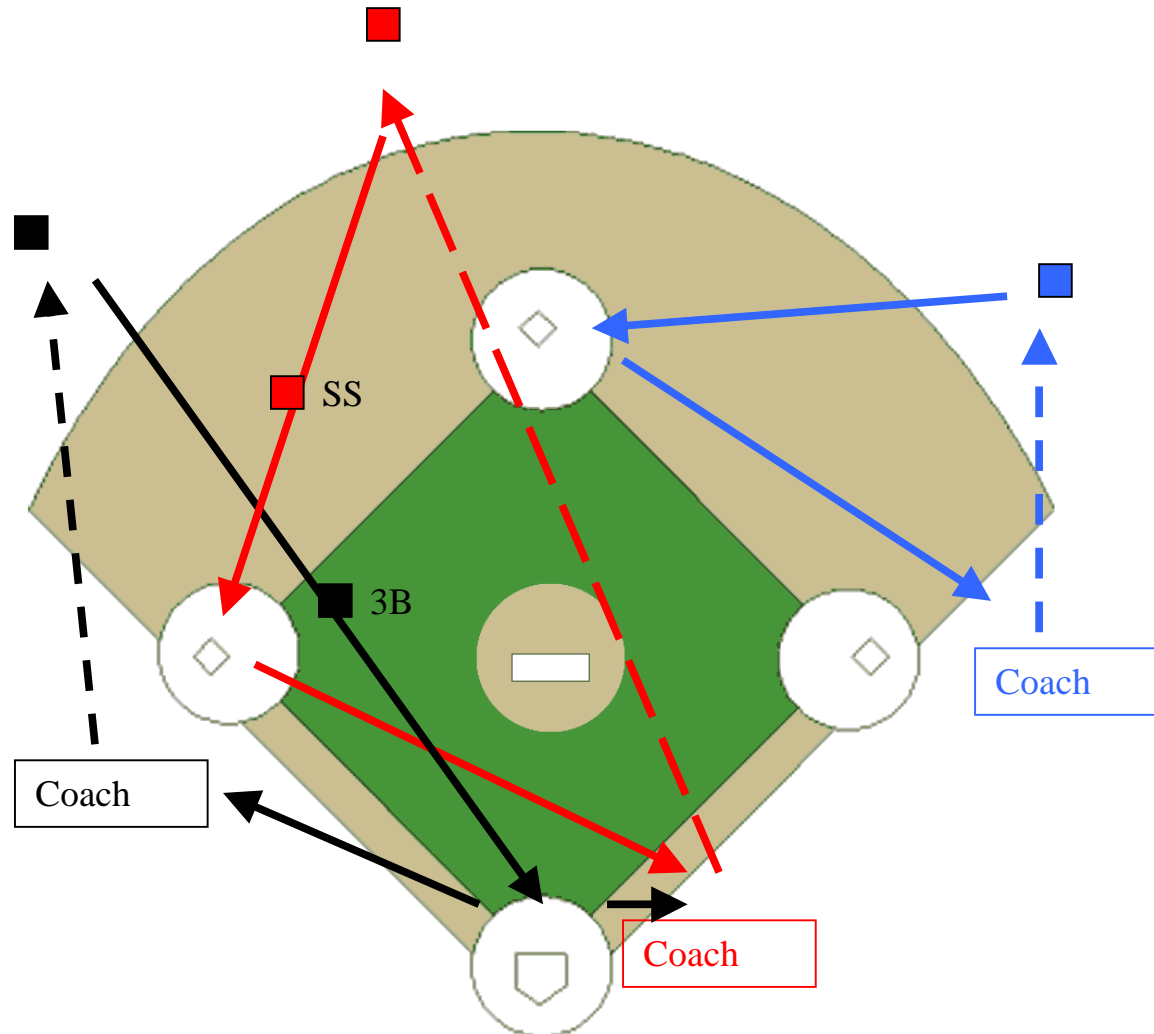


Red: CF throws to home plate, 1B cutoff, C communicate

Blue: RF throws to third, SS cutoff,

Black: LF throws to second, no cutoff

# Outfield Throws Part 3

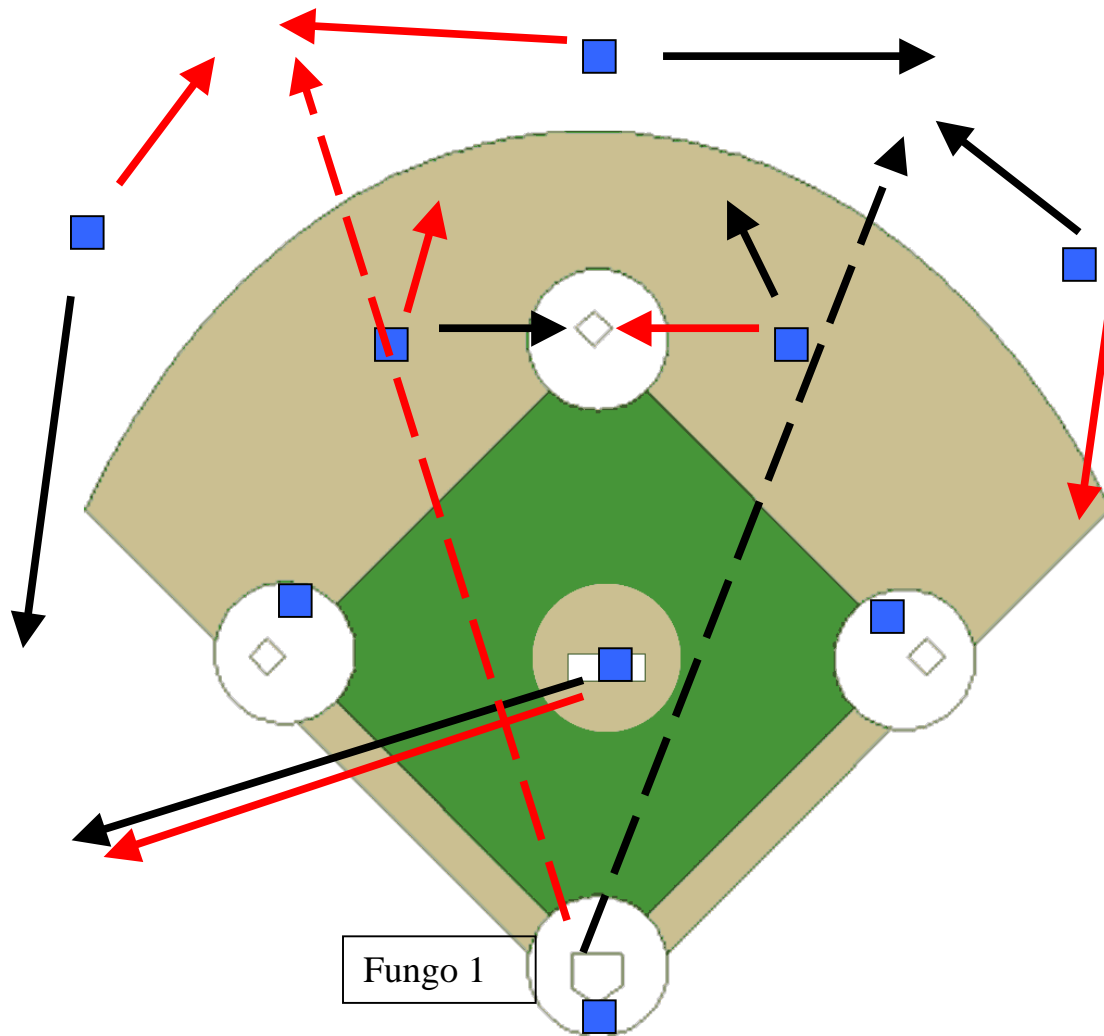


Red: CF throws to third , SS cutoff

Blue: RF throws to second, no cutoff

Black: LF throws to home plate, 3B cutoff, C communicate

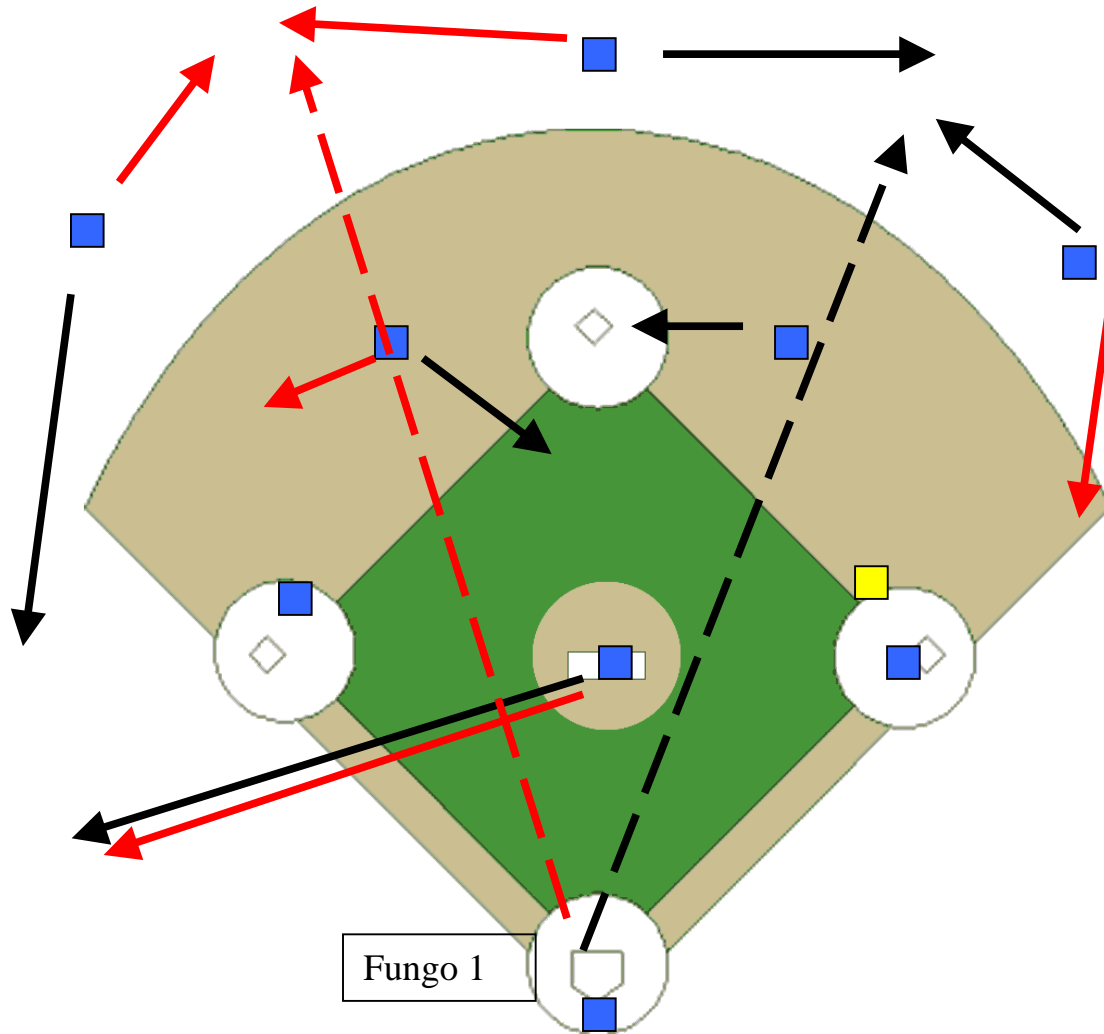
## Pigmy Part 1 (no runner on)



Red: Ball hit to left-center over to left field, SS has cut, 2B has bag

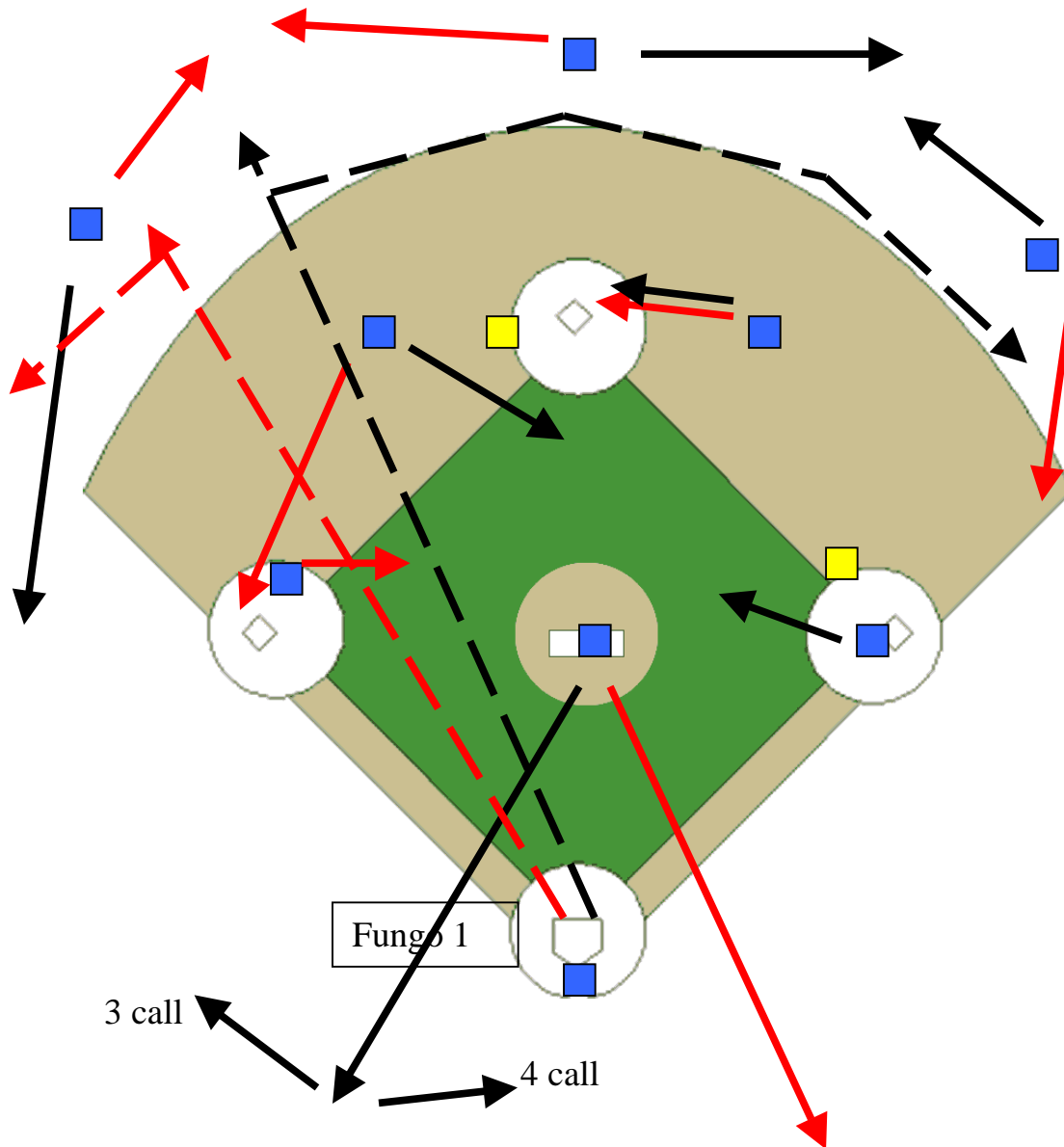
Black: Ball hit to right-center over to right field, 2B has cut, SS has bag

## Pigmy Part 2 (runner on 1st)



Ball hit to outfield ,  
SS has cut to 3<sup>rd</sup>, 2B  
has bag, P has back  
up behind 3<sup>rd</sup>.

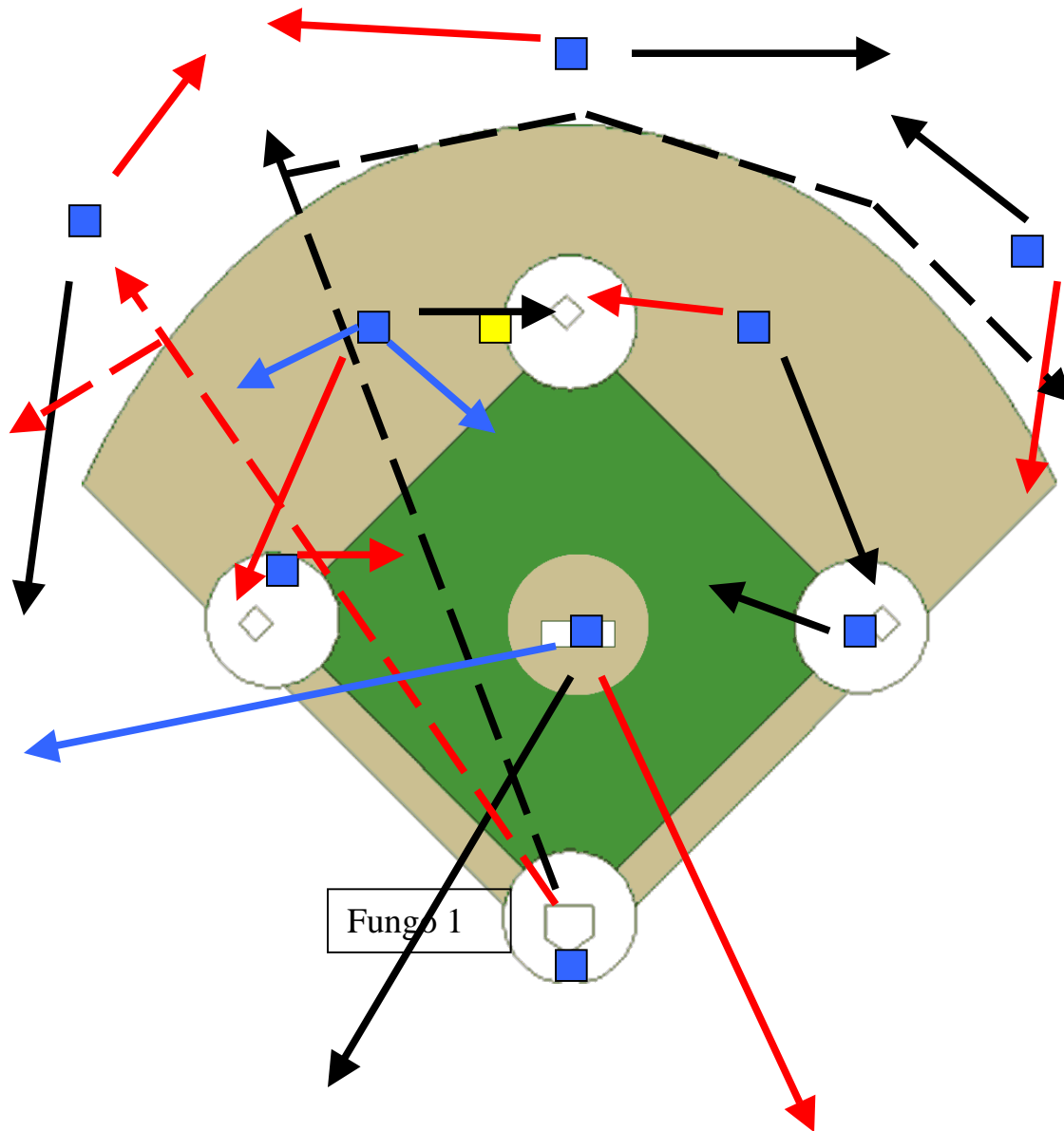
## Pigmy Part 3 (runners on 1<sup>st</sup> and 2<sup>nd</sup> )



Red: Ball hit to leftfield to the line, 3B has cut, SS to 3<sup>rd</sup>, 2B to bag, P back up behind home.

Black: Ball hit to left-center over to right field, 1B has cut, SS cut to 3<sup>rd</sup>, P back up between 3<sup>rd</sup> and home, move on call (3 or 4).

## Pigmy Part 4 (runner on 2<sup>nd</sup> )

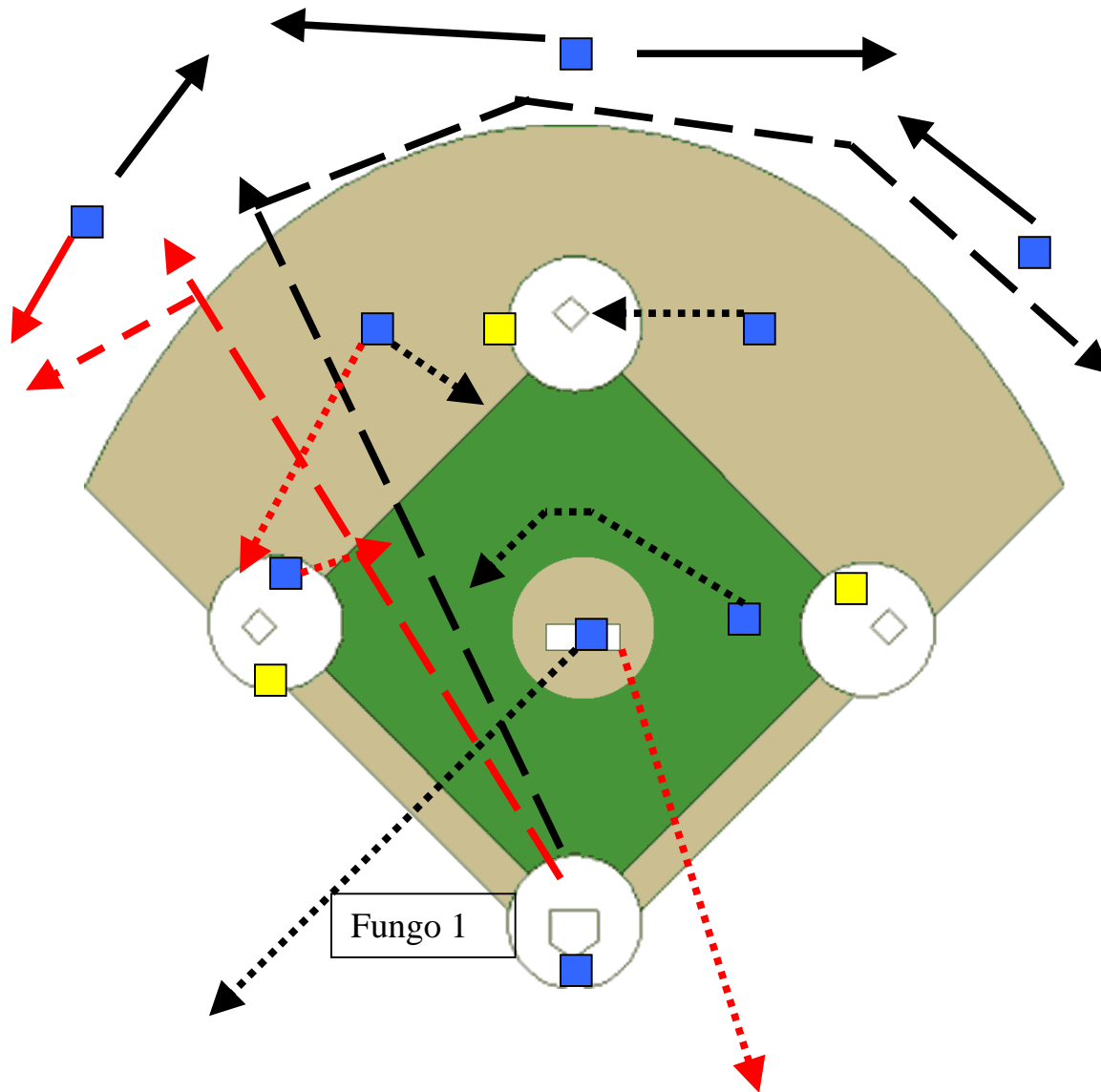


Red: Base hit to leftfield to the line, 3B has cut to home, SS to 3<sup>rd</sup>, 2B to bag, P back up home.

Black: Base hit to left-center over to right field, 1B has cut home, SS to 2<sup>nd</sup>, 2B to 1<sup>st</sup>, P back up home.

Blue: Fly ball to outfield, SS cut to 3<sup>rd</sup>, P back up 3<sup>rd</sup>.

## Pigmy Part 5 (bases loaded)

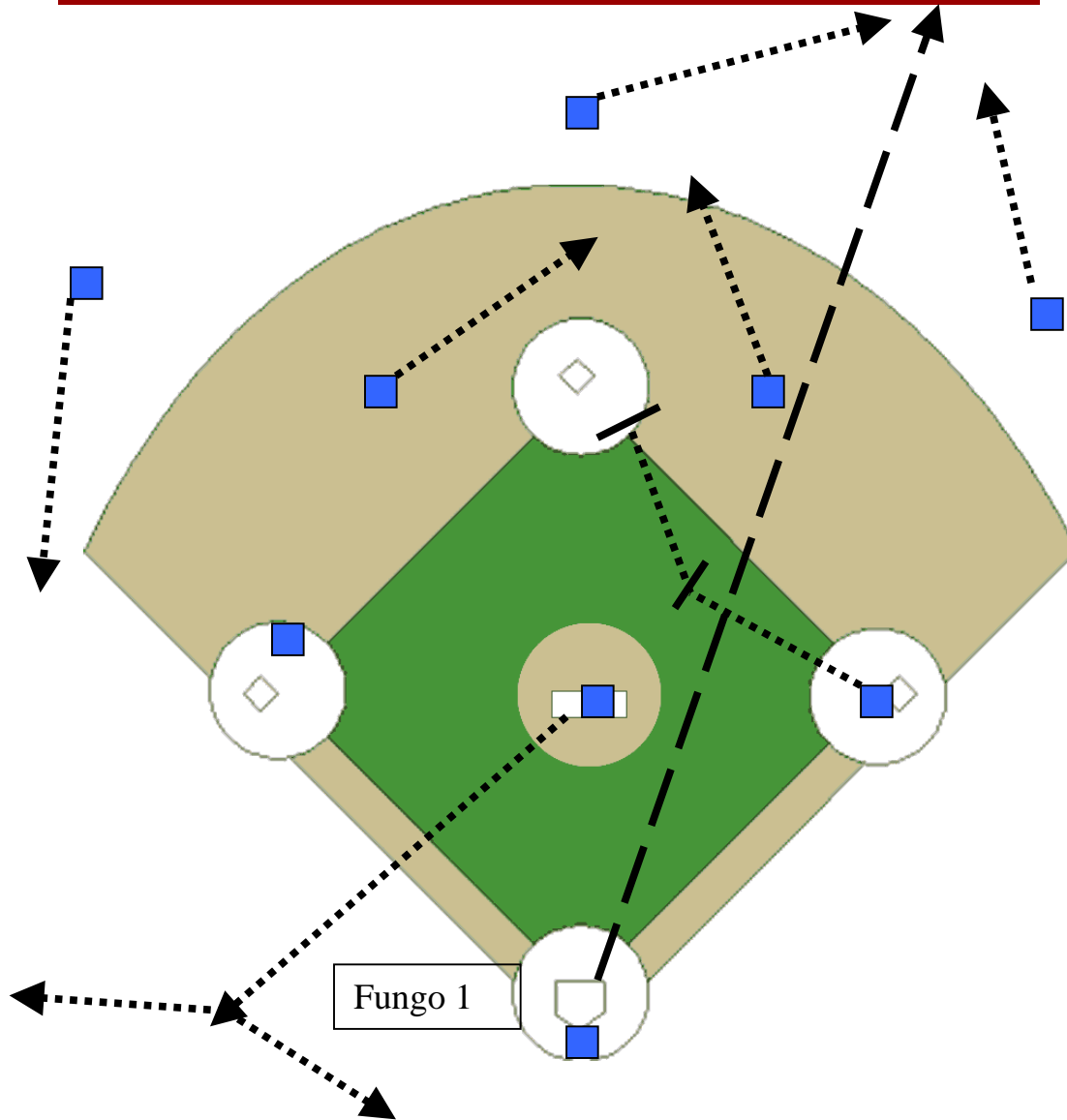


Red: Base hit or fly ball to leftfield to the line, 3B has cut home, SS has 3<sup>rd</sup>, P back up home.

Black: Base hit or fly ball to left-center over to right field, 1B has cut home, SS has cut to 3<sup>rd</sup>, P back up home.

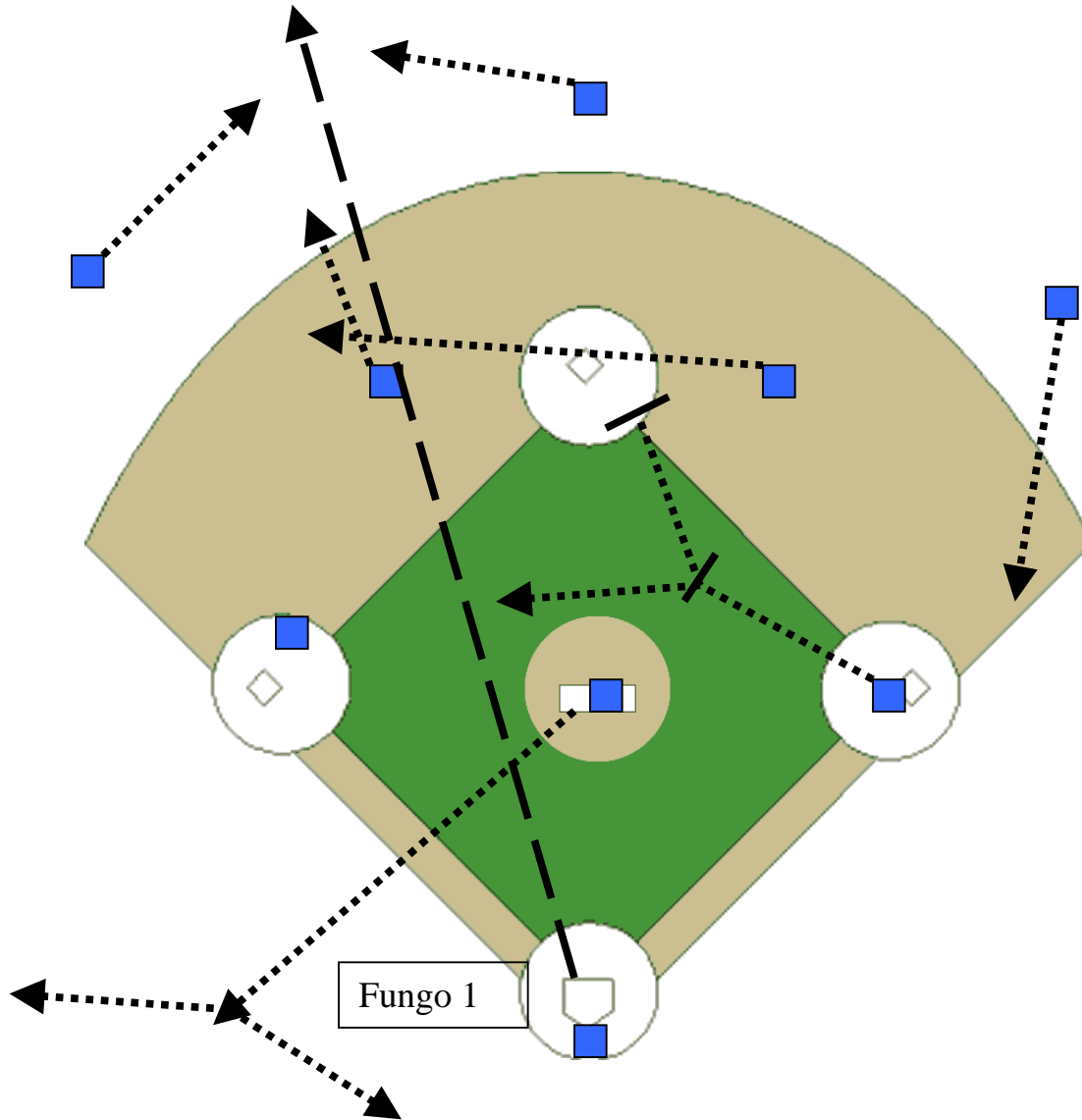


## Pigmy Part 7a (double cuts)



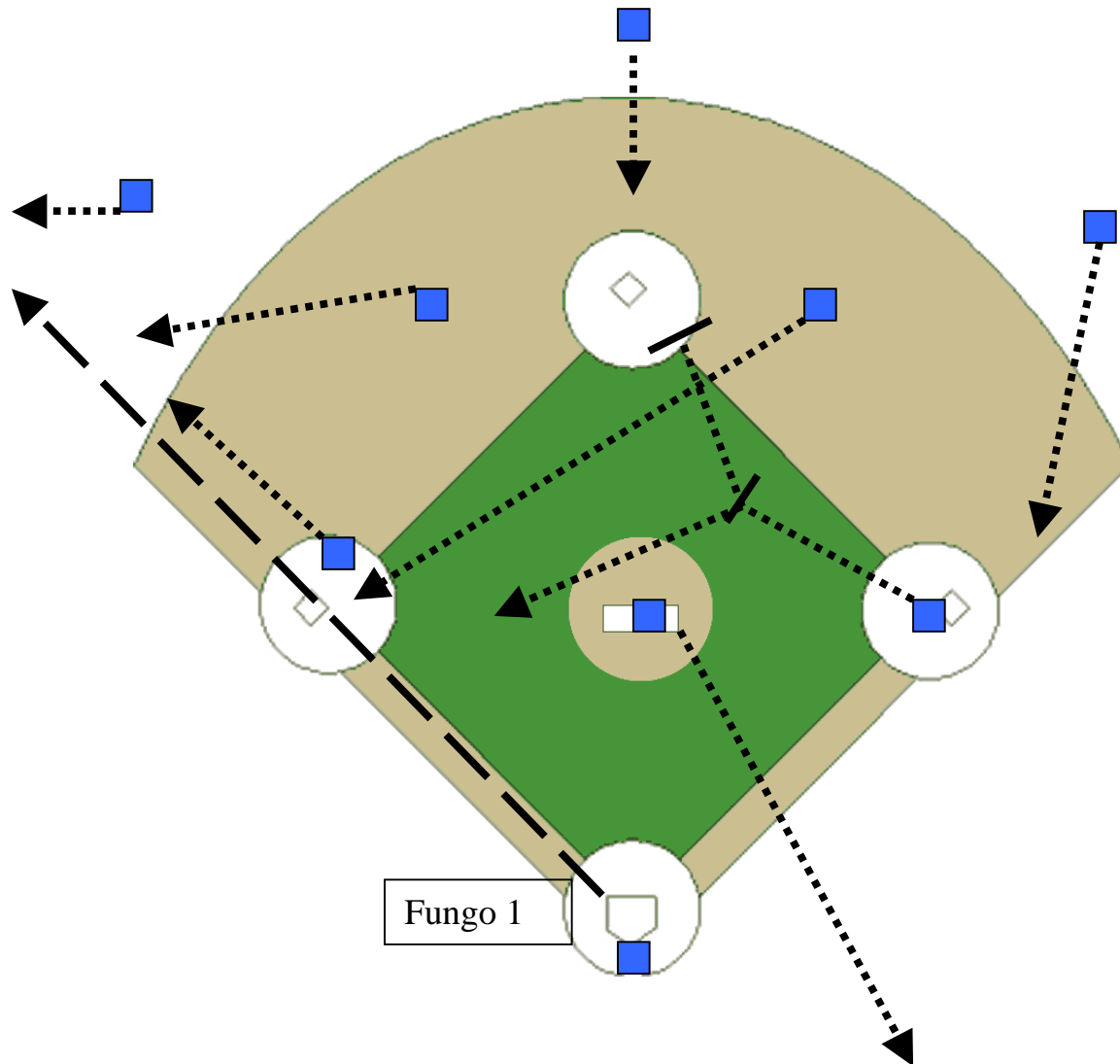
Ball hit to right field gap, 2B has lead, SS has trail on double cut lined up to 3<sup>rd</sup>, 1B is trailing the runner to 2<sup>nd</sup> and is cut to home. P has back up between 3<sup>rd</sup> and home, listens to call, moves accordingly.

## Pigmy Part 7b (double cuts)



Ball hit to left field gap, SS has lead, 2B has trail on double cut lined up to 3<sup>rd</sup>, 1B is trailing the runner to 2<sup>nd</sup> and is cut to home. P has back up between 3<sup>rd</sup> and home, listens to call, moves accordingly.

## Pigmy Part 7c (double cuts)

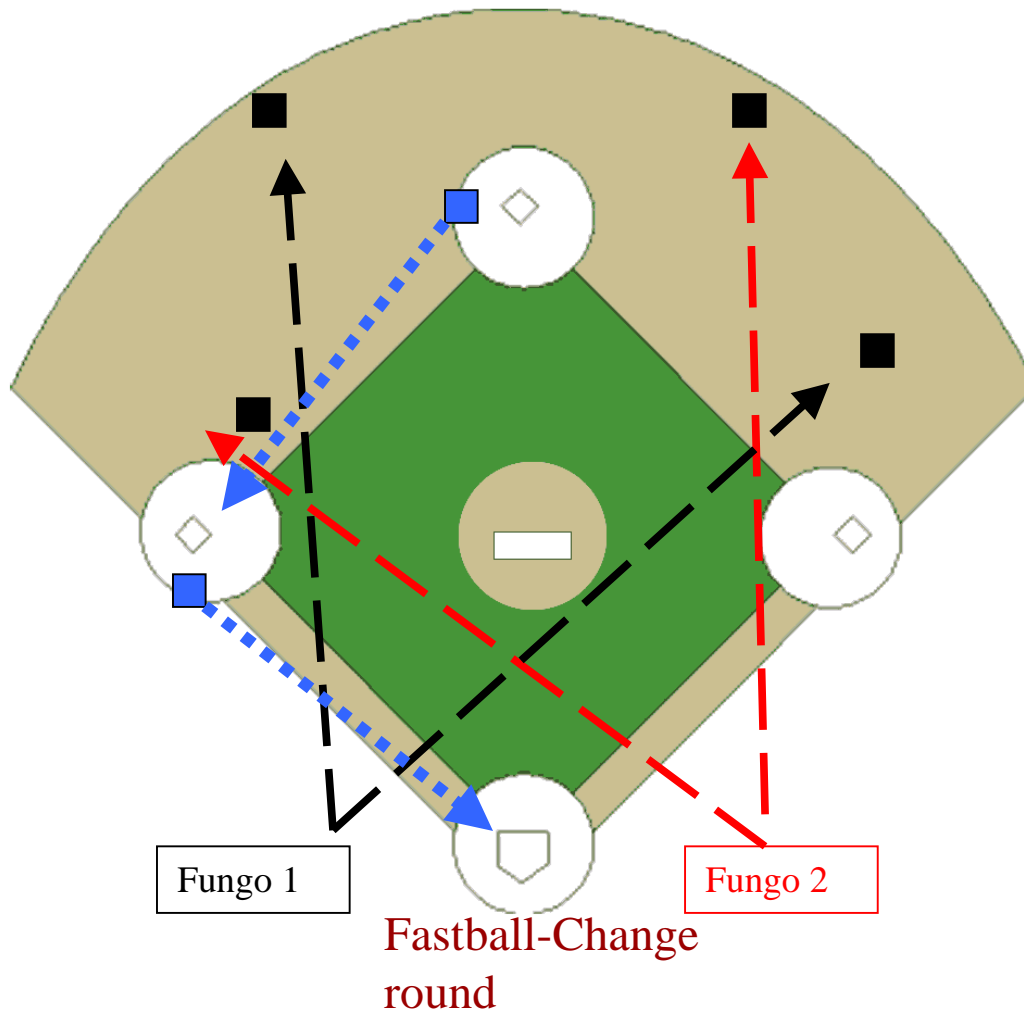


Ball hit to left field line, SS has lead, 3B has trail on double cut lined up to 3<sup>rd</sup>, 2B has 3<sup>rd</sup> base bag 1B is trailing the runner to 2<sup>nd</sup> and is cut to home. P has back up between 3<sup>rd</sup> and home, listens to call, moves accordingly.





# Batting Practice Round 3(Fastball-Change Round)

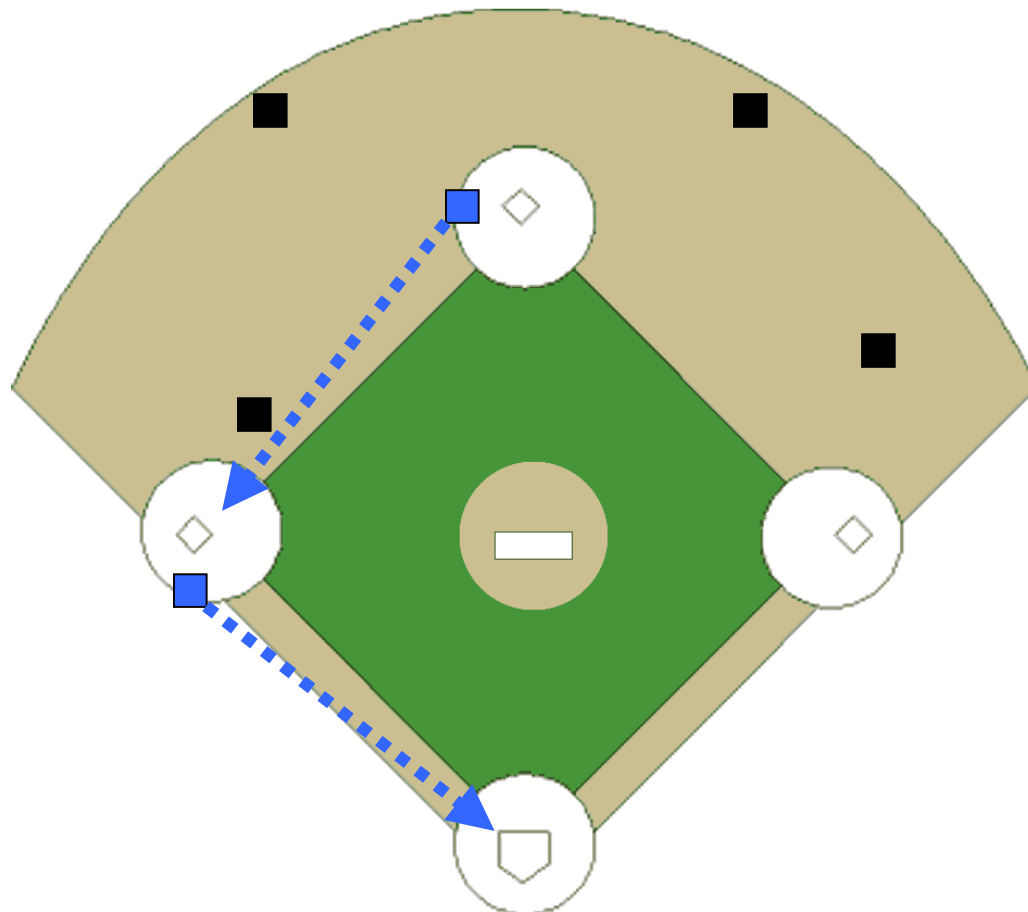


Baserunner: Runner at 2<sup>nd</sup> stealing 3<sup>rd</sup>, runner at 3<sup>rd</sup> reads ball off bat on ground balls, and sac flies during this round.

Fungo 1: Ground balls to SS and 1B, 6-4-3 and 3-6-3.

Fungo 2: Ground balls to 3B and 2B, 5-4-3 and 4-6-3.

# Batting Practice Round 4 (2 Strike Hitting Round)



2 Strike Hitting  
Round

Baserunner: Runner at 2<sup>nd</sup> read balls with one out, runner at 3<sup>rd</sup> read balls at 3<sup>rd</sup> this round.

No Fungos: Infielders play live off the bat. Either throwing to 1<sup>st</sup> or turning double plays.

**INDIANA UNIVERSITY**



**BASEBALL**