



PROPER IN AND OUT BEFORE A GAME OR PRACTICE

Going through a proper infield and outfield routine (or In and Out for short) can help players get used to fielding and making throws that they would go through in a game. Below is an example of a basic infield and outfield sequence to run through at a practice or before a game if you are lucky enough to get to use the field.

Whole team takes the field

Outfield

- Throws to 2B
 - o LF, CF, RF each receive two ground balls hit to them to make throws to 2B
 - 1 ball hit directly at the player.
 - 1 ball hit with ball going away from the base the player needs to make the throw to.
 - CF will get 1 ball hit to the right and left of them.
- Throws to 3B(RF needs to have cut off man and CF when ball is moving away from base)
 - o LF, CF, RF each receive two ground balls hit to them to make throws to 3B.
 - LF, hit the ball to the right and left of the player to force good angles with the throw.
 - CF, hit the ball to the right and left of the player to force good angles with the throw.
 - RF, hit 1 ball at him and one ball to the right center gap.
- Throws to Home(All throws need to go through the cut off man)(3B is cut off man for LF and 1B is cut off man for CF and RF throws)
 - o LF, CF, RF
 - 1 ground ball at him with throw to home.
 - Have this throw hit the cut off man and have the catcher call out a base to cut to. Ex. Cut 2 is called and cut off man catches the throw and throws to the person covering 2nd base.
 - 1 pop up hit to them with throws going through cut off man.

At this point take the outfielders down one line or the other and hit pop ups to them to help them better understand the wind that day and get reps.

Infield

- Throw the ball around 2 full times. C>3B>2B>SS>1B>C
- Throws back to Home
 - o 1 Ball hit to 3B, SS, 2B, 1B with throws coming back to catcher. Infield should be playing in at this point.
- Throws to 1B.
 - o 1 ball hit to 3B, SS, and 2B with throws going to 1B. Ball hit to 1B with either him going to step on first or if you have pitchers available have them cover for a 3-1 put out.
- Catchers covering bunts.
 - o Bunt out front thrown by coach with force play to 3B. Third baseman throws the ball back to the catcher who threw it.
- Double play balls
 - o 5-4-3
 - o 6-4-3
 - o 4-6-3
 - o 3-6-3 or 3-6-1 if you have pitchers who can cover.
- Catchers covering bunts.
 - o Bunt out front thrown by coach with force play to 1B. Have catcher yell inside to first baseman. First baseman will then throw the ball around the horn to the SS, SS throws the ball to the third baseman, and third baseman throws the ball back in.
- Long and short throw.
 - o IF players back up to deep on the infield.
 - o Coach hits one ball deep to the infielders back hand forcing a longer throw to 1B. Then directly after that he hits a short slow roller and the same player runs in and makes another throw to 1B. Then he runs off the field as he is done. Third baseman go back to 3B after they are done as they will receive the throws from the first baseman.
- End the infield and outfield routine with a pop up to the catcher if you are skilled enough with the fungo bat!