

## 2023 ABCA Convention Drill Outline

### 1B development progression

1. First base drill as presented by Jim Chester (Head Coach Gardner Webb University)

### Fundamentals –

#### Positioning

“10x6” – 10 steps back 6 steps away (this leaves you at most 8 steps away from bag)

#### “Defend the triangle”

2. Imagine a triangle between the pitcher, the second baseman and First base

#### Footwork-

3. Position foot on corner of bag depending where the ball was put in to play
4. Step towards ball to maximize length
5. Stretch Late- The later you stretch allows the maximum amount of time to give infielder a full height target.

#### Mindset-

6. Anticipate a bad throw – Be ready to react
7. Be athletic and wide

#### Set up circle drill-



This outlines the length a player can stretch and gives the 1B player a visual to step towards the ball.

This also highlights “the pick zone”. Where a player needs to be ready to make an open glove or backhanded pick. If the ball lands outside of cones, prepare for a pick.

Reps

8. Coach can hit fungos from SS, 3B and 2B towards 1B to allow player to react and read balls.