

# PORTLAND PILOTS™

## PILOTS RUNDOWN SERIES

This rundown series is done during a 15 minute defensive period. Each round is five minutes long, with each part done successively. Reset each round after part 3 and start again at part 1. Exp – in Fungo Series – Round One, do throws from RF, then comebacker to pitcher, then infield in. Repeat same set or add other options within each part.

## ROUND ONE – FUNGO SERIES OPTIONS

### PART ONE

#### 1. THROWS FROM RIGHT FIELD REDIRECTED TO SECOND BASE

- a. Rundown between 1<sup>st</sup> & 2<sup>nd</sup> base
- b. Outfielder as base runner – starts about 15' from 1<sup>st</sup> base already in his turn route towards second base.
- c. Base runner starts when defense is ready.
- d. Manager in shallow right field (about 20' behind the infield cut) throws the ball to first baseman as cutoff man when base runner touches first base.
- e. First baseman redirects ball to 2<sup>nd</sup> base where shortstop starts rundown with the second baseman covering 1<sup>st</sup> base.
- f. Base runner reads the throw and stays in a rundown long enough for runner at 2<sup>nd</sup> base to score (no actual runner at 2<sup>nd</sup> base in drill).
- g. Pitcher starts at home plate circle as if backing up throw to home then runs to 1<sup>st</sup> base to be part of rundown once ball is redirected to 2<sup>nd</sup> base.

OR

#### 2. THROWS FROM LEFT FIELD REDIRECTED TO SECOND BASE

- a. Rundown between 1<sup>st</sup> & 2<sup>nd</sup> base
- b. Outfielder as base runner – starts about 15' from 1<sup>st</sup> base already in his turn route towards second base.
- c. Base runner starts when defense is ready.
- d. Manager in shallow left field (about 20' behind the infield cut) throws the ball to third baseman as cutoff man when base runner touches first base.
- e. Third baseman redirects ball to 2<sup>nd</sup> base where second baseman starts rundown with the first baseman.
- f. Base runner reads the throw and stays in a rundown long enough for runner at 2<sup>nd</sup> base to score (no actual runner at 2<sup>nd</sup> base in drill).
- g. Pitcher starts at home plate circle as if backing up throw to home then runs to 1<sup>st</sup> base to be part of rundown once ball is redirected to 2<sup>nd</sup> base.

### PART TWO

#### 1. COMEBACKER TO PITCHER WITH RUNNER AT 2<sup>ND</sup> BASE

- a. Rundown between 2<sup>nd</sup> & 3<sup>rd</sup> base
- b. Outfielder as runner at 2<sup>nd</sup> base
- c. Coach hits comebacker to pitcher, who fields the ball and looks to runner at 2<sup>nd</sup> base.
- d. Runner is caught in a rundown so pitcher either chases him back to 2<sup>nd</sup> base or gets rid of the baseball to third baseman – read the runner.
- e. Rundown proceeds with third baseman, second baseman, pitcher and shortstop.
- f. Base runner tries to stay in a rundown long enough for hitter to advance to 2<sup>nd</sup> base (no actual trail runner in drill).
- g. If pitcher throws to 2nd base then make sure he runs to 3rd base to be part of rundown – never follow throw to 2<sup>nd</sup> base.
- h. Occasionally have base runner at 2<sup>nd</sup> base not run so pitcher looks him back and throws to 1<sup>st</sup> base.

OR

#### 2. HARD HIT BALL TO FIRST BASEMAN PLAYING IN WITH RUNNER AT 2<sup>ND</sup> BASE

- a. Rundown between 2<sup>nd</sup> & 3<sup>rd</sup> base
- b. Outfielder as runner at 2<sup>nd</sup> base
- c. Coach hits hard ground ball to first baseman who is playing up.
- d. First baseman throws the ball across the diamond to 3<sup>rd</sup> base.
- e. Base runner reads the throw and stays in a rundown long enough for hitter to advance to 2<sup>nd</sup> base (no actual trail runner in drill).

- f. Third baseman starts rundown with second baseman.
- g. Pitcher runs to back up 3<sup>rd</sup> base in rundown.

#### PART THREE

##### 1. INFIELD IN WITH A RUNNER AT THIRD BASE

- a. Rundown between 3<sup>rd</sup> base and Home
- b. Outfielder as runner at 3<sup>rd</sup> base
- c. With infield in to cut off run at home, coach hits hard ground ball to one of the infielders who then throws to home.
- d. Base runner is going in looking, and once he reads the throw will stay in the rundown long enough for hitter to advance to 2<sup>nd</sup> base (no actual trail runner in drill).
- e. Catcher will start the rundown with third baseman.
- f. Pitcher will back up home for the rundown until the first baseman transfers down to the plate and takes the pitchers place in the rundown.

#### ROUND TWO – PICK SERIES OPTIONS

##### PART ONE

##### 1. RIGHT HANDED PITCHER 31 MOVE

- a. Rundown between 1<sup>st</sup> & 2<sup>nd</sup> base
- b. RHP comes set and executes a 31 move.
- c. Outfielder as base runner at 1<sup>st</sup> base – takes off on first movement from pitcher.
- d. Pitcher rotates and throws to 2<sup>nd</sup> base – to either the shortstop or second baseman.
- e. The middle infielder starts the rundown with the first baseman.
- f. The runner attempts to stay in the rundown long enough for the runner at 3<sup>rd</sup> base to score (no actual runner at 3<sup>rd</sup> during the drill).
- g. Add 2 outs to drill so infielders are doing the rundown at a pace to prevent the runner from scoring before the tag.
- h. Pitcher backs up first base in the rundown – never follow the throw to 2<sup>nd</sup> base.

OR

##### 2. LEFT HANDED PITCHER GREAT MOVE

- a. Rundown between 1<sup>st</sup> and 2<sup>nd</sup> base.
- b. LHP comes set and executes his best move to 1<sup>st</sup> base
- c. Outfielder as base runner gets into secondary on first movement and realizes he is picked so hangs out in a rundown.
- d. First baseman starts drill by chasing the runner making him commit to 2<sup>nd</sup> base before giving the ball up to the middle infielder in the rundown.
- e. Pitcher backs up first base during the rundown.

##### PART TWO

##### 1. INSIDE MOVE TO 2<sup>ND</sup> BASE

- a. Rundown between 2<sup>nd</sup> and 3<sup>rd</sup> base.
- b. Pitcher comes set and executes an inside move or spaghetti move to 2<sup>nd</sup> base.
- c. Outfielder as base runner gets caught trying to steal 3<sup>rd</sup> base on leg lift, and hangs out forcing pitcher to make a decision on throwing the ball to 3<sup>rd</sup> base or 2<sup>nd</sup> base.
- d. Pitcher runs at base runner and throws to the base he's committed the base runner to.
- e. If pitcher throws to middle infielder at 2<sup>nd</sup> base, be sure he backs up 3<sup>rd</sup> base – never follow your throw to 2<sup>nd</sup> base.
- f. If pitcher throws to third baseman at 3<sup>rd</sup> base, follow throw to 3<sup>rd</sup> base to be part of rundown.

##### PART THREE

##### 1. 31 DEFENSE FAKE THROW TO 2<sup>ND</sup> BASE

- a. Rundown between 3<sup>rd</sup> base and Home plate.
- b. Pitcher starts the drill by throwing a pitch out or pitch up to the catcher.
- c. Outfielder as base runner at 3<sup>rd</sup> base reads the catchers throw and takes off on what he thinks is a throw to 2<sup>nd</sup> base.
- d. Catcher comes up and executes a full arm fake to 2<sup>nd</sup> base, then looks to runner at 3<sup>rd</sup> base who is running at him, starting the rundown with the third baseman.
- e. Pitcher backs up the rundown at home plate until the first baseman comes down and replaces the pitcher in the rundown.

#### ROUND THREE – LONG THROW OPTIONS

##### PART ONE

##### 1. LEFT HANDED PITCHER MOVE TO 1<sup>ST</sup> BASE WITH RUNNER LEAVING FIRST MOVEMENT

- a. Long throw from pitcher to first baseman to middle infielder covering 2<sup>nd</sup> base.
- b. LHP executes leg lift move to first base.
- c. Outfielder as base runner gets an extra big lead and takes off on first movement.
- d. First baseman comes to get throw from pitcher and throws to middle infielder as quick as possible.
- e. No rundown – base runner attempts to steal 2<sup>nd</sup> base.

OR

2. BACK PICK FROM CATCHER WITH RUNNER TAKING OFF ON THROW TO 1<sup>ST</sup> BASE
  - a. Long throw from catcher to first baseman to middle infielder covering 2<sup>nd</sup> base.
  - b. Pitcher throws a pitch to the plate and the catcher executes a back pick to 1<sup>st</sup> base.
  - c. Outfielder as base runner attempts to steal 2<sup>nd</sup> base on the throw from the catcher.
  - d. First baseman catches ball and spins to apply tag then realizes base runner has taken off so must make a long accurate throw quickly to catch him at 2<sup>nd</sup> base.
  - e. No rundown – base runner attempts to steal 2<sup>nd</sup> base.

PART TWO

1. SPIN MOVE FROM PITCHER WITH RUNNER TAKING OFF ON RHYTHM TO 3<sup>RD</sup> BASE
  - a. Long throw from pitcher to middle infielder to 3<sup>rd</sup> base
  - b. Pitcher executes a spin move with middle infielder.
  - c. Outfielder as base runner is stealing 3<sup>rd</sup> base on rhythm.
  - d. Middle infielder must execute a long throw to 3<sup>rd</sup> base to catch the runner trying to steal.
  - e. No rundown – base runner attempts to steal 3<sup>rd</sup> base.

OR

2. BACK PICK FROM CATCHER WITH RUNNER TAKING OFF ON THROW TO 3<sup>RD</sup> BASE
  - a. Long throw from catcher to middle infielder to 3<sup>rd</sup> base.
  - b. Pitcher throws a pitch to the plate and the catcher tries to back pick the runner at 2<sup>nd</sup> base.
  - c. Outfielder as base runner takes a normal secondary then takes off once he reads the throw from the catcher.
  - d. Middle infielder must react quickly and transfer the ball to 3<sup>rd</sup> base to get the runner
  - e. No rundown – base runner attempts to steal 3<sup>rd</sup> base.

PART THREE

1. 31 DEFENSE - CATCHER BACK PICK TO THIRD BASE WITH RUNNER TAKING OFF ON THROW TO HOME
  - a. Long throw from catcher to third baseman back to catcher.
  - b. Pitcher throws a pitch to the plate while simulating a 31 defense.
  - c. Catcher comes up to throw to 2<sup>nd</sup> base but sees he has the runner at 3<sup>rd</sup> picked so he throws to 3<sup>rd</sup> base.
  - d. Outfielder as runner takes off to home on the throw from the catcher
  - e. Third baseman redirects the ball to home before the runner is safe.
  - f. No rundown – base runner is trying to steal home on the back pick.

OR

2. 31 DEFENSE – CATCHER THROWS TO SECOND BASE AND BALL IS REDIRECTED TO HOME
  - a. Long throw from catcher to middle infielder back to catcher.
  - b. Pitcher throws a pitch to the plate while simulating a 31 defense
  - c. Catcher comes up with intent to throw the runner out at 2<sup>nd</sup> base.
  - d. Outfielder as runner at 3<sup>rd</sup> base takes off to home on the throw from the catcher
  - e. Second baseman reads the runner at 3<sup>rd</sup> base and quickly redirects the ball to home to get the runner.
  - f. No rundown – base runner is trying to steal home on the throw to 2<sup>nd</sup> base.