



Defensive Development

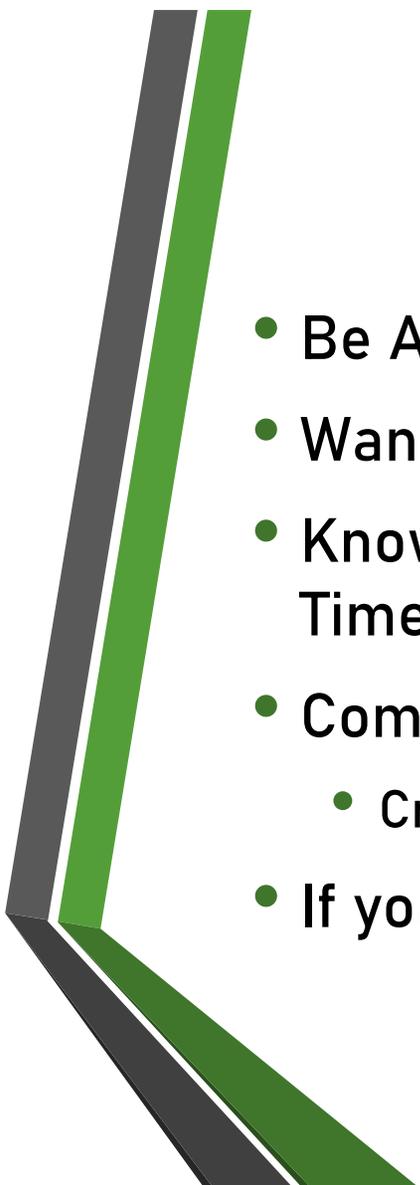
Jarad Carney
Assistant Coach/Recruiting Coordinator
Wilmington University





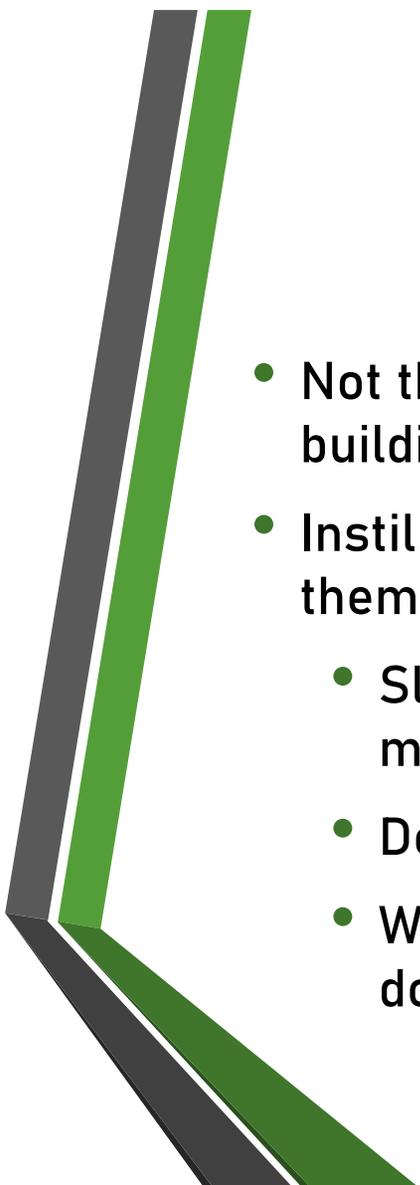
Defensive Development

- As the Game continues to shift to offensive flash...The importance of individual & team defensive development remains HIGH
 - MLB 2022 - 8 of the top 9 fielding % were playoff teams Top 5 in defensive runs saved made playoffs
- Defense is often a forgotten art, until you need it
- Time/Effort/Money/Practice Plans being allocated to different areas while defensive product continues to decline across the board
- Defense will always Travel



Philosophy

- Be Aggressive
- Want the Baseball
- Know what we are doing pre pitch when the ball is hit to us
Time/Situation/Score
- Come get the baseball
 - Create/ Pick the hop that we want
- If you are not moving, you are not doing your job



Fundamentals are Key

- Not throwing too much at the Athletes. Slowly progressing and building up
- Instilling knowledge and situational awareness in practice to prepare them
 - Slowing that drill/session down to ensure understanding before moving to more complex drills
 - Do not take for granted what they know/don't know
 - When the game gets tight / high leverage situations / things break down the athletes will revert back to fundamentals

Playing Catch

- The Most Important Drill for defense
 - Stress the importance of having a catch
- Throwing with a purpose
 - The more efficient throwers you develop, the more efficient defenders you will have
- Taking Care of the Baseball- we shouldn't have balls flying all over the place
- Building in different skill work with your warm up
- Long Tossing to develop arm strength

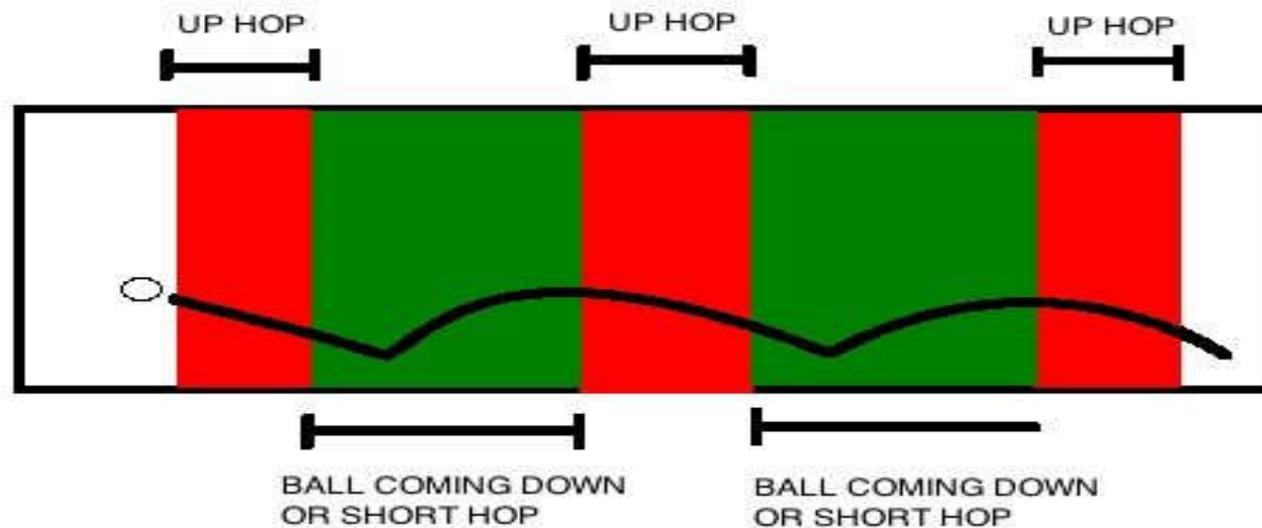


Pre Pitch Movements



Ball is Hit. Now picking your hop

- Starts with Discipline with your Pre Pitch Movements
- Putting yourself in the best position possible to make the play
- Under control.....Be Aggressive!



Fielding Position



Fielding Position



Now you fielded the ball



Team Defense Plans

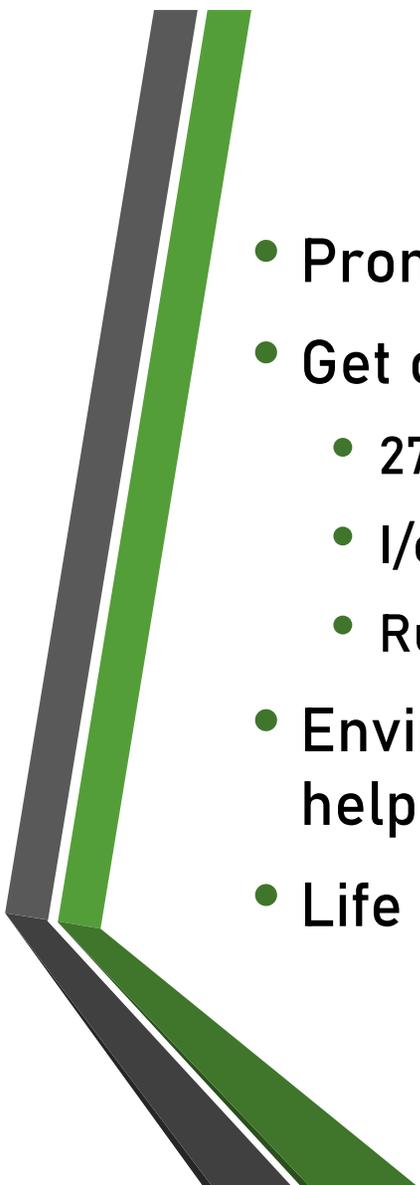
- Implementing your plan gradually
 - Walkthrough
 - Slow and Controlled
 - Fast and Controlled
 - Game like





Team Defense

- **Priorities. Where are we going? Who has priority**
 - Pop Fly Priorities
 - Bunt Defense. 1st/3rd
- **Communication**
 - Ball. Mine. Etc
 - Cutoffs lining Up
 - Double Play Flips
 - Bunt D's
 - Run Downs



COMPETE

- Promote an environment of competition
- Get creative with drills, put something on the line
 - 27 outs
 - I/o (Infield/Outfield) 4 balls
 - Run downs- more then 3 throws
- Environment of competition will create pressure situations, help prepare them for when the arise in the game
- Life is a competition



Drills



Questions ?