[10 min rotation video](https://www.youtube.com/watch?v=fSRH4gVIJfo)

:42 seconds Starting position in A

* Starting position
	+ Too deep in starting position.
		- 10’ish if F3 is playing in then move up to 10’ish behind first base. Need to see in front of fielder to help out on catch/no catch.
	+ I’m open to starting positions (hands on knees, creep, lean) as long as you are set, balanced, in foul territory, and can react quickly. If you are overloading a leg you aren’t going to react as quickly.
	+ Be set when the pitcher gets on the rubber. Balks can happen before the pitcher starts moving towards the plate.

1:13 Plays at first base with no one on.

* There are two philosophies here (standard 90 or a couple of feet of the line)
	+ 90 sets you up on a 90 degree angle from the fielder throwing the ball to allow you to see foot of F3 and ball into glove.
	+ Couple feet off the line – sets you up to see the foot on the bag.
* If a straight 90 then usually where the fielder is taking the throw from doesn’t matter as you set up off of where the throw is coming from.
* If a couple of steps set up off of how F3 is taking the throw. Watch F3 in warm ups. Will likely take most throws from F6 and F4 from side of bag but might take throw from F5 from corner of bag.
* Remember eyes on bag, listen for the pop, look up to see firm and secure position, then make your mechanic.
* And get off the line quickly. Be where you think you need to be and be set so you have time to make adjustments. Walking off the line prevents you from having balance and gets your momentum going in the wrong direction.

1:48 Dropped ball at first base

* Come off the line harder. He does a good job being set. Once ball is dropped what else does he need to worry about?
	+ Status of the runner? Is he going to try for 2B at all?
	+ Get inside to pivot and stay ahead of the runner. Don’t just watch it all.

2:10 Pivot

* Not the best footwork. It looks like the umpire is coming directly in to a spot and has to button hook around the fielder. Vary your pivot if necessary.
* Also we want proper footwork on the pivot if at all possible. No hops.
* It appears this umpire timed his pivot to the runner. I can tell as he gears down, pivots and then has to bust hard to stay ahead of the runner. You should be able to read the ball off of the bat and have an idea of where the runner might end up. Or at the very least always expect the runner to try for 2B. Don’t get caught behind on this.
* If the ball
	+ Doesn’t end up at second base with an only runner cheat a little ahead and keep your depth.
	+ If the ball is coming into 2B get closer in case something happens.

2:35 Fly ball base hit with plate umpire helping out.

* Good job of plate umpire getting some distance and going loudly communicating.
* We don’t need to communicate on the ground. The base umpire should always be expecting the ball to be a hit.
* We communicate it is a catch to let him know the ball isn’t live.

2:58 Fly ball catch with plate umpire helping out.

* Good loud communication. I like it!

3:12 Ball batted in the “box” Just pay attention to 1st base umpire

* U1 again, can work that far off the bag but might miss a pulled foot.
* Where is F3 taking this play from? What angle would give you a better look on a pulled foot?
* Again, U1 needs to look for firm and secure possession.

3:45 Ball batted in the “box” Plate Umpire

* If you are going to point a ball fair you need to be on a line. Credibility.
* Plate umpire hustles well but isn’t on the line.
* Needs to be on the foul line to look for runner’s lane violation/pulled foot.
* Runner’s lane violation is likely not called enough. We spend a lot of time trying to talk ourselves out of calling this. He must be in the lane until he reaches the bag according to the rule. That means both feet on or inside the lane. The only way he can be outside of the lane is if he is trying to avoid the throw. For example, runner running outside the lane in foul territory and the ball is being fielded in front of the plate and the throw is coming inside.
* [Runner's Lane example](https://www.youtube.com/watch?v=ClUxxy9vcIg)
* [MLB Runner's lane 1:06](https://www.youtube.com/watch?v=dk_D_RDveQQ)

4:00 BU Trouble Fly ball to RF

* We take a read step. Only time we don’t need to is if the ball is CRUSHED for a HR OR is a F/F off of the bat.
* Don’t look back to the infield when communicating going out. Verbalizing you are going out is great but not if you are taking your eye off of the action.
* Hand in the air is ok but not necessary.
* Work to get an angle and be set BEFORE the catch is made. Don’t run through catches.

4:30 PU takes runner to 2B.

* Get out and hustle ahead of the runner.
* You have the tag at 1B.
* You also need to know the status of the runner on any overthrows so when the fielder releases the ball know where your runner is.
* If B/R returns to first base drop back and work back to first with them.
* If B/R attempts second close distance if a play develops and be set.

4:51 BU goes out on F/F trouble ball. Skip

5:27 BU B position

* 50/50 between 2B and the pitcher’s rubber. Tangent off of the mound.
* Hands on knees set when pitcher gets on the rubber

6:05 BU in C position

* 50/50 between 2B and the pitcher’s rubber. Tangent off of the mound.
* Hands on knees set when pitcher gets on the rubber

6:34 R1 BU moving towards sweet spot.

* We step up, turn, and move with purpose. We don’t chase around the infield.

6:55 Pick off at 1B

* Step, turn, be set, or just a crossover step and set. Don’t try to sneak in 3 or 4 steps.

7:55 Balk at first base SKIP

8:30 R1 steal BU in B

* We start moving as soon as the runner is stealing. We don’t wait for a throw to move. We want to close distance as soon as possible.
* Footwork is drop step with right foot (towards second base as this is your guide foot) and cross over and go.
* Keep head turned towards the plate as you still have responsibilities.
* Finally, we come set when we read a true throw to be set for the play. If you wait to set until the “ball is turning you” you’ll be set late.

9:00 Double play R1

* Step up, turn, face the ball, drop step to square up to second base to see the play.
* Then drop step crossover or just a crossover to see the back end of the play.
* The plate umpire should be watching the slide into second base while moving out in front of the plate and up the line. (Unless the association mechanics are different)

Other vids I might use

[Batter's Interference](https://www.youtube.com/watch?v=6BZ4VprJiBo)

**Topics Advanced Mechanics**

* Be hands on knees set when pitcher gets to rubber
* Get your signs out more quickly to signal rotations
* Prepitch preparation (keeping order the same can help but don’t let your mind get comfortable)
	+ With no runners
		- Rotations on fly balls
		- Count / Outs
		- Obstruction at 1st base
		- Potential obstructions/interferences
		- Check swing?
		- Etc.
	+ With runners on
		- Rotations on fly balls
		- Rotations on base hits
		- Balks
		- Count/Outs
		- Check swing?
		- Potential obstructions/interferences
		- Etc.