



PFP Circuit

Skill Set: Pitching

Difficulty Level: Easy

Number of Athletes and Coaches: All pitchers, catchers and infielders, and 1 coach

Average Time to Complete: 25 minutes

Equipment Required: Gloves and Baseballs, fungo bats for coaches

Goal: Focus on the fundamentals of fielding and communication on bunts.

PFP Stations – 25 Minutes

The following stations should be set up on the infield or in an open area with a coach.

1. PFP – Comebackers

- All pitchers in a line to the 3rd base side of the mound, with one pitcher on the mound (each pitcher has a baseball)
- At least 1 player at the shortstop position, covering 2nd base
- All 1st basemen in a line behind 1st base, with one 1st baseman on 1st base
- To start the drill, the pitcher on the mound pitches to the catcher
- Once the catcher catches the pitch, the coach will hit a ground ball (from a ball out of the bucket) to the pitcher
- Pitcher fields ground ball and makes a good throw to the shortstop at 2nd base, who then throws the ball to the 1st baseman (turn a double play)
- 1st baseman tosses the ball back to the pitcher, the pitcher then gets in the back of the line
- Players rotate through the line until each pitcher has fielded 10 ground balls

2. PFP – Bunts on 3rd Base Side

- All pitchers in a line to the behind the mound, with one pitcher on the mound (each pitcher has a baseball)
- All 1st basemen in a line behind 1st base, with one 1st baseman on 1st base
- To start the drill, the pitcher on the mound pitches to the catcher
- Once the catcher catches the pitch, the coach will roll out a bunt to the 3rd base side of the pitcher
- Pitcher fields bunt and makes a good throw to the 1st baseman
- 1st baseman tosses the ball back to the pitcher, the pitcher then gets in the back of the line
- Players rotate through the line until each pitcher has fielded 10 ground balls

3. PFP – Bunts on 1st Base Side

- All pitchers in a line to the 3rd base side of the mound, with one pitcher on the mound (each pitcher has a baseball)
- All 1st basemen in a line behind 1st base, with one 1st baseman on 1st base
- To start the drill, the pitcher on the mound pitches to the catcher

- Once the catcher catches the pitch, the coach will roll out a bunt to the 1st base side of the pitcher
- Pitcher fields bunt and makes a good throw to the 1st baseman
- 1st baseman tosses the ball back to the pitcher, the pitcher then gets in the back of the line
- Players rotate through the line until each pitcher has fielded 10 ground balls

4. PFP – Cover 1st Base

- All pitchers in a line to the 3rd base side of the mound, with one pitcher on the mound (each pitcher has a baseball)
- All 1st basemen in a line behind 1st base, with one 1st baseman in position
- To start the drill, the pitcher on the mound pitches to the catcher
- Once the catcher catches the pitch, the coach will hit a ground ball to the right side of the 1st baseman, catcher then yells “GET OVER!”
- 1st baseman fields the ground ball, while pitcher runs to cover 1st base
- 1st baseman flips the ball underhanded to the pitcher covering 1st base
- Pitcher makes sure to keep their foot on the bag, then gets in the back of the line of pitchers
- Players rotate through the line until each pitcher has fielded 10 ground balls

5. Pitcher’s Bunt Defense

- All pitchers lined up behind the pitcher’s mound, each with a baseball, catcher down in catching position behind home plate, first baseman covering first
- One pitcher steps up to the mound, pitches the ball to the catcher
- Coach rolls out a bunt for the pitcher (make sure the pitcher yells “BUNT!”)
- Pitcher fields the bunt and throws the ball to first, focusing on making good throws
- First baseman tosses the ball back to the pitcher, pitcher gets in the back of the line, drill repeats
- Pitchers rotate through the line at least 5 times