



MAJORS

“BILL OF PLAYS” 2026

MAJORS (50/70): AGES 10-12

1. Leading 1st base & 2nd base

- a. Get your signal.
- b. Wait for the pitcher to toe the rubber before getting off.
- c. Lead:
 - i. Back right corner of the bag, shoulders facing next base.
 - ii. Right, Left, Square....shuffle, shuffle (1st Base)
 - iii. Right foot start – count to 4, Square....shuffle, shuffle (2nd Base)
- d. Understanding baserunner roles, knowing when to take secondary lead vs. first move stealing when watching the pitcher’s delivery.

2. Develop leadership roles within the team

- a. Can be practice leaders for stretching/warming up leadership.
- b. Can be captains in right situation with experienced/deserving leadership type of players.
- c. This will foster a sense of team sportsmanship and help develop a positive team culture year over year.

3. Encourage and teach pick-off moves/holding on runners

- a. Build confidence through repetition in practice for all players (not just pitchers) on the various types of pick-off moves.
 - i. Knowing when to come to a set vs. not coming to a set for a pick-off.
 - ii. Varying move to home plate on each pitch.
- b. Pick-Off Drill: 3 players at a time rotation (1st, 2nd, 3rd, base)
- c. Highlight picking off as a “pitcher” versus as an “infielder”
 - iii. Timed picks. (Defensive play calling cue)
 - iv. Defense plays in and out w/ runner (keeping them honest)