

Infield Plays - Checklist

	Play	Shuffle steps to throw	Arm slots	Type of footwork for throw	Expectation
<input type="checkbox"/>	Routine 2 hand lane	1-2	Traditional	Set Feet	10 out of 10
<input type="checkbox"/>	Routine 1 hand lane	1-2	Traditional, 3/4	Set Feet	10 out of 10
<input type="checkbox"/>	Routine backhand	1-2	Traditional	Set Feet	10 out of 10
<input type="checkbox"/>	Forehand w/ inside turn	1-2	Traditional, 3/4, low	Inside turn	10 out of 10
<input type="checkbox"/>	Forehand w/ spin	1	Traditional, 3/4	Spin	9 out of 10
<input type="checkbox"/>	Dropstep Forehand	1-2	Traditional	Set Feet	10 out of 10
<input type="checkbox"/>	Deep dropstep forehand	2	Traditional	Set Feet	9 out of 10
<input type="checkbox"/>	Angle in backhand	1-2	Traditional, 3/4	Set feet, on run	10 out of 10
<input type="checkbox"/>	Open backhand	1-2	Traditional	Set Feet	10 out of 10
<input type="checkbox"/>	Range backhand	1-2	Traditional	Set Feet, Jump, Run Through	8 out of 10
<input type="checkbox"/>	Dropstep Backhand	1-2	Traditional	Set Feet	10 out of 10
<input type="checkbox"/>	Deep dropstep backhand	1-2	Traditional	Set Feet	9 out of 10
<input type="checkbox"/>	Charge slow roller gloveside - 1 hand	1	3/4, low	Set Feet, On run	8 out of 10
<input type="checkbox"/>	Charge slow roller gloveside - 2 hands	1	low	Set Feet, On run	7 out of 10
<input type="checkbox"/>	Charge slow roller gloveside - barehand	1	low	Set Feet, On run	7 out of 10
<input type="checkbox"/>	Charge slow roller straight on - 1 hand	1	3/4, low	Set Feet, On run	8 out of 10
<input type="checkbox"/>	Charge slow roller straight on - 2 hands	1	low	Set Feet, On run	7 out of 10
<input type="checkbox"/>	Charge slow roller straight on - barehand	1	low	Set Feet, On run	7 out of 10
<input type="checkbox"/>	Charge slow roller armside - 1 hand	1	3/4, low	Set Feet, On run	8 out of 10
<input type="checkbox"/>	Charge slow roller armside - 2 hands	1	low	Set Feet, On run	7 out of 10
<input type="checkbox"/>	Charge slow roller armside - Backhand	1	3/4, low	Set Feet, On run	7 out of 10
<input type="checkbox"/>	Charge slow roller armside - Barehand	1	low	Set Feet, On run	7 out of 10
<input type="checkbox"/>	Dart throw (4-1/3-1)	0	3/4, low	Wide base grip ground	10 out of 10
<input type="checkbox"/>	Charge chopper armside - 1 hand	1	low	Set Feet, On run	8 out of 10
<input type="checkbox"/>	Charge chopper armside - 2 hands	1	3/4, low	Set Feet, On run	7 out of 10
<input type="checkbox"/>	Charge chopper armside - Backhand	1	3/4, low	Set Feet, On run	7 out of 10
<input type="checkbox"/>	Charge chopper armside - Barehand	1	3/4, low	Set Feet, On run	7 out of 10

	Play	Shuffle steps to throw	Arm slots	Type of footwork for throw	Expectation
<input type="checkbox"/>	Charge chopper straight on - 1 hand	1	3/4, low	Set Feet, On run	8 out of 10
<input type="checkbox"/>	Charge chopper straight on - 2 hands	1	low	Set Feet, On run	7 out of 10
<input type="checkbox"/>	Charge chopper straight on - Barehand	1	low	Set Feet, On run	7 out of 10
<input type="checkbox"/>	Charge chopper gloveside - 1 hand	1	3/4, low	Set Feet, On run	8 out of 10
<input type="checkbox"/>	Charge chopper gloveside - 2 hands	1	low	Set Feet, On run	7 out of 10
<input type="checkbox"/>	Charge chopper gloveside - Barehand	1	low	Set Feet, On run	7 out of 10
<input type="checkbox"/>	DP overhand toss 6-4	0	3/4, low	Wide base grip ground	10 out of 10
<input type="checkbox"/>	DP backahnd overhand toss 6-4	1	Traditional, 3/4, low	Set Feet, On run	9 out of 10
<input type="checkbox"/>	DP jump turn overhand toss 4-6	0	3/4, low	Wide base grip ground	10 out of 10
<input type="checkbox"/>	DP angle in gloveside 4-6	0	3/4, low	Left foot through, wide base grip ground	10 out of 10
<input type="checkbox"/>	DP angle in gloveside knee down 4-6	0	3/4, low	Left knee down	10 out of 10
<input type="checkbox"/>	Angle back forehand spin 4-6	1	Traditional, 3/4, low	Spin	9 out of 10
<input type="checkbox"/>	4-6 backhand DP feed to SS	1-2	3/4, low, flip	On run	7 out of 10
<input type="checkbox"/>	6-4 forehand DP feed to 2nd base	1-2	Power feed, glove flip	On run	7 out of 10
<input type="checkbox"/>	Underhand flip left	0	Flip	2 steps to target after feed	10 out of 10
<input type="checkbox"/>	Underhand flip right	0	Flip	2 steps to target after feed	10 out of 10
<input type="checkbox"/>	Power feed	0	Power feed	2 steps to target after feed	10 out of 10
<input type="checkbox"/>	Glove flip left	0	Glove	2 steps to target after feed	10 out of 10
<input type="checkbox"/>	Glove flip right	0	Glove	2 steps to target after feed	10 out of 10