

Pickoffs at first base and second base

First Base Pickoffs

- Right handed pitcher, mechanics and footwork
- Left handed pitcher mechanics and footwork
- ** how to mix up looks and help control the running game
- ** how math impacts what you can do

Right handed pitcher

- Runner on first base only
- Runner on 1st and 2nd, timing pickoff at 1B
- Runner on 1st and 3rd, 2 outs, 3-2 pitch

Left handed pitcher

- Runner on first base only
- Runner on 1st and 2nd, timing pickoff at 1B
- Runners on 1st and 3rd

Second Base Pickoffs

- Right handed pitcher, mechanics and footwork
- Left handed pitcher, mechanics and footwork
- * inside spin move
- Daylight vs Timing
- When should I be concerned about a runner at 2B
- Signs, communication with SS, 2B
- How can the catcher be a part of this