



**CORNERSTONE**  
coaching academy

## Fast Paced PFP

Caution: This drill needs to be done slowly at first with the utmost caution to ensure every player understands what is going on and knows where to stand to be safe during the drill. If at any point the coach sees an unsafe situation, he should yell “STOP!” and the all players stop immediately and do not throw the ball any more.

**Set up:** You will need an entire infield at their positions, and several pitchers in two lines, one in foul territory on the first base side, and one in foul territory on the first base side. Each line will supply one pitcher who will set up slightly on their side of the mound. Each pitcher will need one coach working with them and someone catching for them to keep things moving quickly.

**If the coach on the first base side:**

- 1.) Hits a ground ball to the first baseman (who is playing deep), the player’s execute a 3-1 putout.
- 2.) Hits a ground ball right back at the pitcher, he initiates a 1-6-3 double play.
- 3.) Rolls a ball right down the first base line, he fields it like a bunt, clears the line to the inside and throws to first base.
- 4.) Hits a ball between the first baseman and pitcher, they try to get an out at first base (using the method in the “PFP” blog post)
- 5.) Hits a ground ball to the second baseman (perhaps this draws the first baseman away from the bag) they turn a 4-6-3 or 4-6-1 double play if the first baseman leaves the bag.

**If the coach on the third base side:**

- 1.) Hits a ground ball right back at the pitcher, they initiate a 1-2-3 double play (no throw from the catcher).
- 2.) Rolls a ball down the third base line, the pitcher fields a bunt and throws to the third baseman covering the bag.
- 3.) Rolls a bunt right back at the pitcher, and yells “SQUEEZE!” the pitcher will field the ball and shovel it to home plate.
- 4.) Rolls a bunt hard down the third base line past the pitcher, the third baseman will charge, field the bunt, and perform their footwork to first base (no throw).

Again, make sure each player knows their responsibility on each play. Once they understand what they are doing, have pitchers sprint from foul territory to their side of the mound and begin the next rep as soon as the ball and other pitcher is off the field.