

Hi Coach! And welcome to Baseball Tutorials!

In this free PDF, you're going to learn 3 fundamental drills to help teach throwing, catching, and fielding technique to young baseball players. Each drill will be explained with step by step instructions, illustrations and coaching pointers to help you implement these techniques in practice.

If you like these drills and would like to see more, you can download the complete Ultimate Fielding Drills eBook by visiting this page:

<http://www.BaseballTutorials.com/ultimate-fielding>

It includes 61 fun and effective fielding drills to help you develop a rock solid, error free defense! You'll find detailed drills for fielding fundamentals, first base, second base, shortstop, third base, pitchers, catchers, and outfielders.

Ok... let's get started!

Throwing and Catching Basics

Always warm-up properly before beginning any baseball drills. Players MUST warm-up to throw, not throw to warm-up. Taking the time to go through a comprehensive stretching program will protect the muscles of the player's throwing arm.

Throwing

- Always use a "4-Seam Grip" across the stitches with fingers on top of the ball.
- Infielders should use a "Short Arm Circle" – never dropping the arms below the waist and keeping the elbows down when throwing.
- This gives the player the chance to gain a little bit of arm velocity while still making a nice, rapid throw.



4-Seam Grip

Receiving

- Always show your partner a "Target Box." Arms at 90 degree angles with hands to each side of the



Target Box for receiving a throw

head. This gives him a target to aim for during a throwing drill.

- Keep your knees bent and your feet spread.
- Be ready for a poor throw by sliding your feet to the side, ensuring that you are always in front of the ball.
- Always trap the ball in the glove with TWO HANDS. If the ball is above the waist, bring the thumbs together to trap it in the glove. If the ball is below the waist, bring the pinkies together.

The more often the correct technique is practiced, the sooner it will become a good habit. Demand that your players use perfect technique during warm-ups and practice situations so those skills will carry seamlessly into game time situations.

Drill #1: Three-Part Throwing Drill

Purpose: This drill allows players to isolate the different parts of their throwing technique so they can identify any problems that need to be corrected. It also aids in the development of speed and accuracy.

Going from the Break Position to a throw allows the player to isolate and focus on the glove tuck. A proper glove tuck can give a player an extra 2-4 mph on their throw.

Setup: This drill can be performed anywhere on the field with the coach standing near the player to call commands.

Another player should act as the catcher and return the ball to the practicing player after each repetition. A ball and glove are required.

Execution:

Part 1: Break Position to Throw

1. *The coach calls "Break" and the player holds a break position.*

Break Position:

- Arms out straight and flexed.
- Feet shoulder width apart.



Break or Scarecrow Position

- Fingers on top of the ball with a 4-seam grip.
 - Glove is facing away from player and pointing directly at his partner for better accuracy.
2. *After a pause the coach calls “Throw” and the player throws the ball while focusing on tucking his glove.*

Throwing:

- Release the ball.
 - Form a 90 degree angle in the arm.
 - Bring the glove back to the chest.
 - Follow through.
 - Tuck the glove.
3. *Repeat the BREAK and THROW calls until the player has mastered the sequence and is ready to move on to part two.*



Follow Through and Glove Tuck

Part 2: Ready Position to Break to Throw

The coach calls “Ready” and the player holds the ready position.

Ready Position:

- Hands in front of chest.
 - Feet shoulder width apart.
1. *After a pause the coach calls “Break” and the player takes a small step with his front foot and splits his hands into the break position.*
 2. *After another pause the coach calls “Throw” and the player throws the ball.*
 3. *Repeat the READY, BREAK, THROW calls until the player has mastered the sequence and is ready to move on to part 3.*



Ready Position

Part 3: Ready Position to Throw

The final part of this drill combines steps 1 and 2 into one fluid motion where the player completes the throw without any pauses.

1. *The coach calls “Ready” and the player stands in a ready position.*
2. *After a pause the coach calls “Throw” and the player seamlessly moves from the ready position through the break position and into a throw without pausing.*
3. *Repeat the READY and THROW calls until the player can move through all of the movements fluidly and accurately.*

Coaching Tips:

- Watch for a strong glove tuck and follow through.
- Make sure each player is consistently using proper mechanics and form for every repetition of part 1 before moving on to part 2, and again to part 3.
- This drill can be performed by all positions at the same time. While the techniques may differ slightly between a catcher and an outfielder, for example, the drill itself never changes.

Drill #2: Five-Part Fielding Drill

Purpose: This drill works on the skills needed to quickly and effectively field a ground ball. It breaks down five steps that help a player ensure controlled movements.

Setup: This drill can be performed anywhere on the field with the coach standing near the player to call commands. This drill is performed without a ball, but a glove is needed.

Execution:

Part 1: Creep Step

1. *The coach calls “Creep” and the player steps into a creep position.*

Creep Position:

- Take a small step out with the right foot and then a small step out with the left foot.

- Feet are slightly wider than shoulder width apart.
- Keep hands open and ready.
- The player can move in any direction (left, right, forward, backward) without having to reposition himself.

Part 2: Charge the Ball

2. *The coach calls “Charge” and the player charges the ball by taking a few steps forward quickly and with control.*

Part 3: Breakdown

3. *The coach calls “Breakdown” and the player moves into a position in which he begins to field the ball.*

Breakdown Position:

- Feet are wider than shoulder width apart.
- Keep head down.
- The glove hand rests on the ground while the non-glove hand is hovering above.
- The arms are extended to meet the ball.



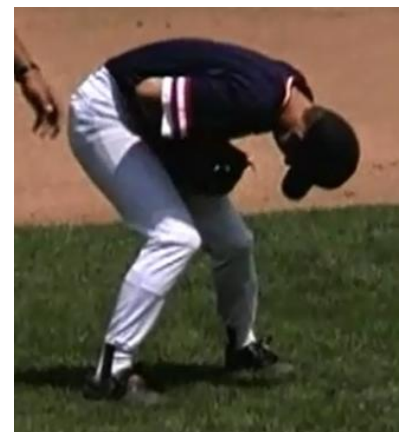
Breakdown Position

Part 4: Fielding Position

4. *The coach calls “Field” and the player pulls into a fielding position.*

Fielding Position:

- The player pulls the ball into his midsection, cradling the ball into his chest.
- Head stays down.



Field Position

Part 5: Throw

5. *The coach calls “Throw” and the player stands up and throws.*

Throwing Position:

- Steps with the right foot inside of the left.
- Squares shoulders, hips and knees toward target.
- Releases a strong throw.

Coaching Tips:

- This drill can be done with any number of players at the same time.
- Line them up and watch for proper form and mechanics as you call *Creep, Charge, Breakdown, Field, and Throw*.
- Most little league and high school situations require a player to charge the ball so this is an important step (part 2) to master.
- Emphasize the importance of holding the non-glove hand above the glove during the Field Position (part 4). This is sometimes called the “Alligator Ball Trap” because it will help a player “trap” the ball into his glove even if it comes at him with a bad hop. Many young players involuntarily flinch away as the ball comes at them for fear they will be hit in the face. The non-glove hand acts to trap and protect the player’s face.

Drill #3: Stop and Go Drill

Purpose: This drill focuses on the proper technique needed to field a ground ball. Players are also working on balance and mechanics throughout this drill.

Setup: This drill can be performed anywhere on the field. Have players form a line with the coach facing them. He should be approximately 15 yards away, or enough room to roll the player a ground ball. If you have an assistant coach or other helpers, run this drill with two or three lines of players. Every player should have a glove and every coach or helper should have a ball.



Creep

Stop

Go

Execution:

1. The coach calls “Creep” and the player takes a few steps out of the line and assumes the Creep Position.
2. The coach rolls a ground ball to the player.
3. Once the player has fielded the ball, the coach calls “Stop.”
4. The player holds the Field Position, with the ball tucked tightly into his chest and his head down.
5. After a pause the coach calls “Go” and the player is free to release the Field Position and throw the ball back.
6. The player then returns to the back of the line.

Coaching Tips:

- After you have called “Stop,” and the player is holding in a Field Position, inform him of any technical or mechanical changes that need to be corrected before calling “Go.”
- Remind players to always keep both arms extended to block the ball with the non-glove hand in case the ball has a bad hop.

Moving Beyond the Basics

These three drills are great for teaching the basic fundamentals of throwing, catching, and fielding ground balls.

But there's a LOT more to becoming a successful defense.

If you're looking to move beyond the basics and learn some fun and effective fielding drills to take your team to the next level, you should definitely check out the Ultimate Fielding Drills eBook:

<http://www.BaseballTutorials.com/ultimate-fielding>

It's just \$7 - and you get instant access to a complete set of 61 game-tested drills for every position. You can use these drills in team practices, individual workouts, or even at home in your back yard.

Download the complete collection today!