

# **2019 Highland Ball Player Development**

**Infield Drills:**

**20 minutes to excellence**

# Why are we doing these drills?

- These drills are meant to take no more than 20 minutes of practice time and will develop the following skills:
  - Proper footwork
  - Proper flow getting through the ball with their feet and into a ready position to throw
  - Strengthens hand-eye coordination
  - Improve timing sequence from fielding to throw
  - Game speed situational awareness

# Infield Drills: 20 minutes to excellence

## Drill #1A: Rolling Drills

- Players pair off, on their knees 10 feet apart without gloves
- Players roll the ball back & forth to each other fielding the ball with their glove hand (no glove)
- 5 reps right at them; 5 reps to the backhand; 5 reps glove side
- Repeat with gloves on

## What's the purpose

- Great warm up drill
- Gets their hands warmed up
- Focuses the player on getting their hands down on the ground
- Focuses the player on keeping their eyes on the ball all the way into their hands

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## Drill #1B: Short Hop Drills

- Players pair off and are in the infield dirt in the fielding position 20 feet apart
- With their gloves on, Player A throws short hops right at Player B. Player B then throws short hops back at Player A (10 reps)
- Repeat this to backhand side and glove side (10 reps each)

## What's the purpose

- To work on taking away the short hop
- Charging the ball
- Fielding the ball as close to the short hop as possible

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## Drill #1C: Middle & Corners

## What's the purpose

- Middle Infielders go to shortstop, Corner positions go to 1<sup>st</sup> base
- One coach works with the Middle Infielders, another coach with the corner positions.
- Quickly roll three straight balls to a player simply focusing on fielding the ball cleanly and watching it into their gloves
- 3 reps of 3 balls each
- Reinforces hand/eye coordination
- Focuses on fielding position
- Practices hands down, out in front
- Watching the ball into the glove
- The quick repetitions help the player develop speed up their thinking & reaction time while also building this skill as a habit

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## Drill #1D: Footwork

- Middle infielders line up in 2 lines either at 2B position or at SS position.
- A coach is assigned to each line and rolls 3-5 balls right at the player and has them focus on their footwork
- Then 3-5 balls to the backhand and then glove side to working on front hands and moving around the ball to get into proper fielding position
- Player fields the ball and moves to power throwing position towards 1B (but flips ball back to coach)
- Corner positions go through same drill but coach also incorporates slow grounders

## What's the purpose

- Helps improve eye work by watching the ball from release to the glove
- Improves hand reaction and hand/eye coordination
- Reinforces proper fielding positions
- Builds habit through repetition

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## Drill #2: The Four second drill

- Players are put at their infield position
- Coach hits each player a few rounds of fungo to get them loose
- Then assistant coach takes out a stopwatch to time the players
- Coach hits fungos to players who have 4 seconds from the time the ball is hit to field and throw the ball

## What's the purpose

- It helps players think quickly and execute systematically around the process of fielding and throwing the ball
- It helps to get players out of the mindset of taking a leisurely approach to fielding groundballs
- Builds the habit of keeping them in an “in game” mindset

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## Drill #3: Soft Toss Drill

- Players are put at their infield position
- A coach or catcher takes a bucket of balls and gets to the side of the batters box. A coach is in the batter's box and calls out a situation and then hits the ball within two seconds
- The other coach or catcher soft tosses a ball for the Coach to hit
- The players must be ready because they don't know where the ball will be hit

## What's the purpose

- It helps the helps the players get into the "in game" mindset and to quickly think through each situation since the ball will be hit within 2 seconds
- It brings together the previous infield drills as players will need to react to and properly field the ball and get rid of it with 4 seconds of the ball being hit

# Fielding Drill Resources

