



Berlin Youth Baseball – Fundamentals Clinic Drills

Goal of this document: Provide coaches, parents, and players with a follow-up on some of the main drills used and during the fundamentals clinic that can be practiced at home or in future practices.

Fielding

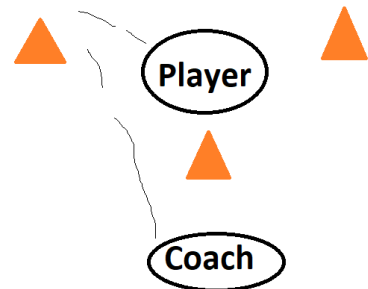
1.) “One Knee” groundball “triangle”

Player gets on one knee (throwing hand side), prepares to field short rolled groundballs from coach and throw soft short throws to a teammate. Player stays on the ground and receives a series of repeated groundballs. The first groundballs will be straight-on so the glove is just down on the ground, scoop it up, rotate the hips to the “Big T” position and throw. Then groundballs will be on the sides, which may involved turning the glove backhand.



2.) “Drop Step Back” one-hop groundballs “triangle”

Player gets in fielding position behind the center cone. The 2 outer cones are set further back. The coach throws one-hop grounders (think of these as hot-shot hard hits) to either the left or right. The key is getting the player to “drop step backwards” at an angle to give themselves more depth and room to field the ball (as opposed to rushing forward or trying to block it with their chest). Once the player catches, do a standard throw back to their teammate, then go to middle again for more repetition.



3.) “Find the ball” Popups

Player has their back to the coach who is about 5 feet in front of them. Coach underhand tosses a popup high into the air directly above the player (the player shouldn't have to move much) and yells “Up”. The ball is not thrown very high, but should be high enough in the air to give the player time to rotate around, look up, find the ball and catch it. Player should work on getting their glove directly above their head, open, and their extra hand up next to the glove to aide in keeping the ball in.

