



## Drills: Infielder's Toolbox

### Goal:

To improve each day at basic ground-ball fielding techniques

### Description:

Players pair up and take positions approximately 15 feet apart. Player A assumes the basic fielding position and acts as the receiver. Player B acts as the feeder and rolls 8 to 10 balls underhanded to player A. Players then switch positions. They progress through the following stages. As the season progresses, add additional stages, such as double-play pivots.

- Stage 1:** Player A uses his bare hand to catch balls and keeps his throwing hand behind his back, with emphasis on keeping the back of the glove hand on the ground, fielding under the ball and lifting the fingers after receiving the ball. You may use Wiffle balls or softer balls for this stage.
- Stage 2:** Player A uses both hands (no glove) to catch balls with emphasis on fielding with the throwing hand above and facing the glove hand. You may use Wiffle balls or softer balls for this stage.
- Stage 3:** Same as stage 2 except player A now uses a glove.
- Stage 4:** Player A assumes backhand fielding position with emphasis on having the throwing-side leg forward, keeping the chest over the thigh and giving with the glove after the ball enters.
- Stage 5:** Same as stage 4 except player A is in forehand fielding position.
- Stage 6:** Player A assumes the basic fielding position, fields the ball and quickly moves into throwing position (right-left field, right-left throw). Player A freezes in throwing position then returns the ball to the feeder.
- Stage 7:** Player A assumes the basic fielding position. Player B bounces balls to player A, who must try to field the ball on the short hop, move into throwing position and freeze.
- Stage 8:** Player B challenges player A with balls almost out of his range, both left and right, making the fielder hustle and almost dive to get the ball.
- Stage 9:** Player A places a ball one foot in front of his throwing leg and bends down to pick up the ball while lifting his glove leg to waist height. From this position, player A picks up the ball and without moving his feet tosses it under his chest to player B, who is 20 feet away.





**Stage 10:** Triangles. Infielders divide into three groups: one group (line 1) at third base, one group (line 2) in a direct line from first to third, but stationed 5' to the first base side of the pitcher's mound; and a third group (line 3) forming the third leg of the triangle about 20' from home plate. See Fig. 6.3. Coach stands at third leg and throws balls to first fielder in the group at third base; fielder fields the ball, uses good foot work, throws to the first person in line 2, and then follows the ball to become the last person in line 2; the fielder from line 2 relays the ball to the last person in line 3 and also follows the ball. Coach receives ball from first person in line 3 (who also follows the ball) and throws it to the next fielder in line 1 and action is repeated. Coach can throw to forehand, backhand side; slow rollers, challenging balls, etc.

