

1st Base Receiving Short Hops

Skill Set: Infield

Difficulty Level: Medium

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Gloves, bucket of baseballs, base

Goal: Stride towards the throw and pick the short hop by pushing the glove through

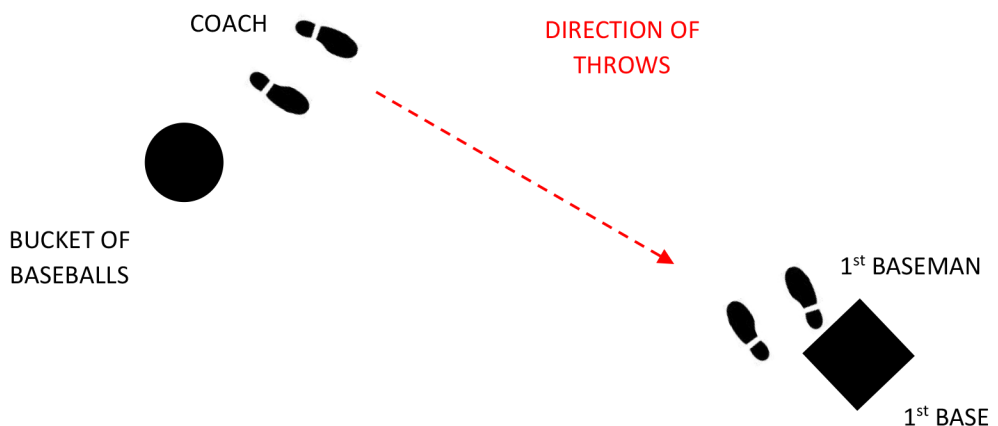
Description of the Drill:

- Player is on 1st base, with throwing side foot on the bag facing the coach
- Coach is in the 2nd baseman position with a bucket of baseballs
- Coach throws baseballs to the 1st baseman as short hops
- 1st baseman waits until the ball is thrown to stride towards the ball with the glove foot and pick the short hop by pushing their glove through the ball with their throwing side foot still on the bag
- 1st baseman places balls off the side and gets ready to receive another throw
- Coach throws the 1st baseman short hops until they have had 10 repetitions (players may rotate if more than one 1st baseman)
- This can also be done with the coach throwing from different positions

Add Difficulty:

- To add a degree of difficulty, the coach can throw short hops to the right and left of the 1st baseman, making them stretch to different types of throws
- To add a degree of difficulty, the coach may also hit short hops to the 1st baseman with a bat

Layout of Drill:



2nd Baseman Underhand Flip

Skill Set: Infield

Difficulty Level: Medium

Number of Athletes and Coaches: 2-3 athletes and 1 coach, or 4 athletes as partners

Average Time to Complete: 5 minutes

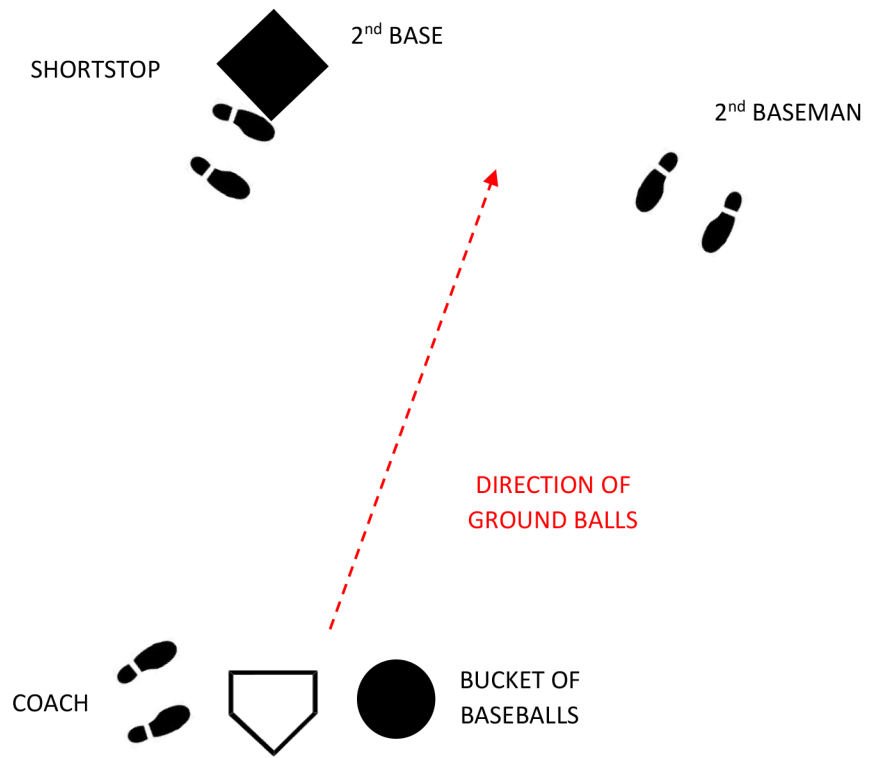
Equipment Required: Gloves, bat, bucket of baseballs, base

Goal: Flip ball underhanded on a line at a medium speed at the shortstop's chest

Description of the Drill:

- Players are in the second baseman and shortstop positions
- Coach is near home plate, hits ground balls to the right of the 2nd baseman
- 2nd baseman fields the ground ball moving towards 2nd base, and flips it underhanded to the shortstop
- 2nd baseman should underhand flip the ball on a line at a medium speed to the shortstop's chest
- Shortstop covers 2nd base to receive the flip from the 2nd baseman
- Coach hits 10 ground balls to the 2nd baseman, and then the shortstop and 2nd baseman switch positions
- This can also be done with shortstops flipping to 3rd base

Layout of Drill:



30 Second Grounders

Skill Set: Infield

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 30 seconds

Equipment Required: Balls and gloves

Goal: Keep feet planted, glove out front, keep eyes on the ball and follow it into the glove

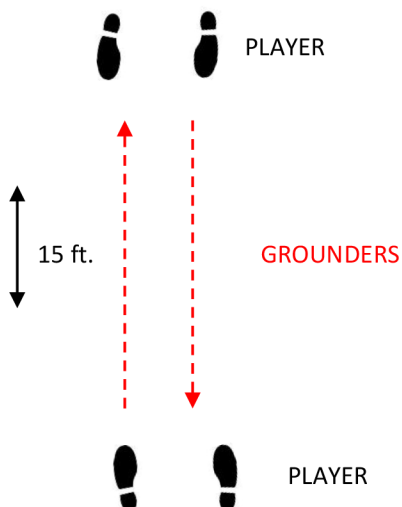
Description of the Drill:

- Partners 15 feet apart facing each other in defense ready position
- Players keep feet planted in the defense ready position
- Partners throw grounders to each other
- Receiving partner keeps their feet planted and their glove out front
- Receiving partner keeps their eyes on the ball and follows it into their glove
- Partners throw grounders back and forth to each other until each partner has had 5 repetitions

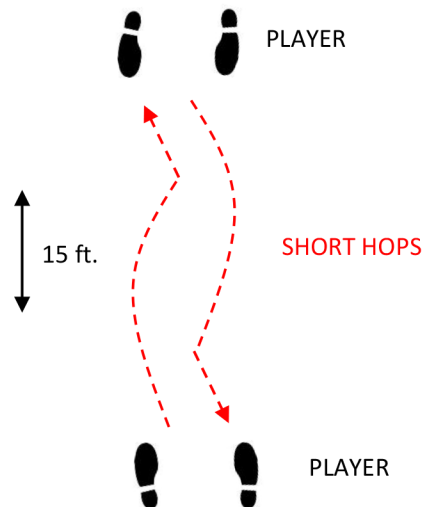
Add Difficulty:

- To add a degree of difficulty, players can throw short hops to each other
- To add a degree of difficulty, players can also field without a glove, one handed or two handed

Layout of Drill:



Add Difficulty:



Backhand Pick & Stick Fungo

Skill Set: Infield

Difficulty Level: Medium

Number of Athletes and Coaches: 2-3 athletes and 1 coach, or 4 athletes as partners

Average Time to Complete: 10 minutes

Equipment Required: Gloves, fungo bat, bucket of baseballs

Goal: Stay low, cross feet over to field the ball backhanded, and keep eyes on the ball

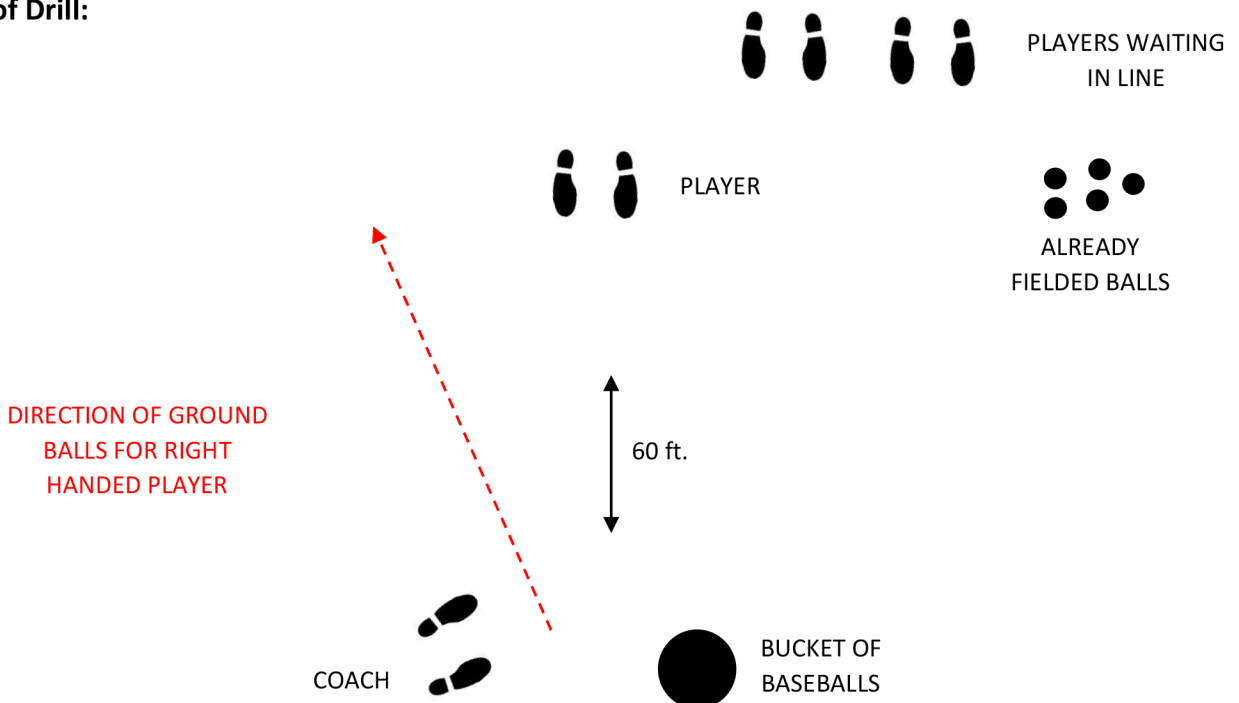
Description of the Drill:

- Partners in defense ready position at least 60 feet away from coach in a line (can also be done at infield positions)
- Coach hits a grounder to the backhand side of the player (towards their throwing hand)
- Player crosses their glove foot in front of their throwing foot to turn to field backhanded
- Player stays low while crossing over and keeps their eyes on the ball, pulls the ball straight up with the glove, holding it for a second
- Player then tosses the ball off to the side into a pile and gets back in line
- Coach hits backhanded grounders until each player has had 10 repetitions

Add Difficulty:

- To add a degree of difficulty, players can throw the ball to another player covering 1st base

Layout of Drill:



Box Drill- 2nd Baseman Double Play Feeds

Skill Set: Infield

Difficulty Level: Medium

Number of Athletes and Coaches: 3 athletes and 1 coach, or 4 athletes as a group

Average Time to Complete: 5 minutes

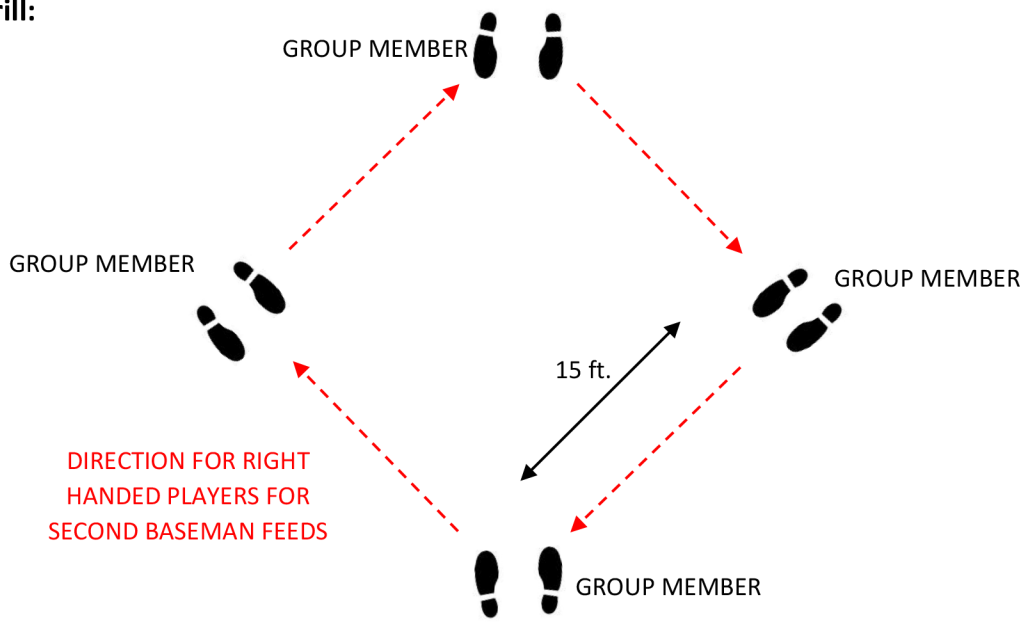
Equipment Required: Gloves and ball

Goal: Backhand toss to partner's chest, keeping the toss on a line and limit spin

Description of the Drill:

- Players in a square 15 feet apart from each other with 1 ball
- Players will feed the ball to the player to their throwing hand side as if they were turning a double play
- For double play feeds as a second baseman:
 - Group members backhand flip the ball to the player to their throwing hand side with their throwing shoulder pointed at the player they are tossing to
 - Players keep hand and glove together when receiving the ball
 - Players keep tossing the ball around the square using second baseman backhand feeds focusing on tossing to their partner's chest on a line and limiting the spin of the ball (keep wrist locked when tossing)
- Players rotate through the drill so that they each get 10 tosses as a second baseman
- This drill can be done anywhere there is enough space (outfield, in a gym, in an open field)

Layout of Drill:



Box Drill- Shortstop Double Play Feeds

Skill Set: Infield

Difficulty Level: Medium

Number of Athletes and Coaches: 3 athletes and 1 coach, or 4 athletes as a group

Average Time to Complete: 5 minutes

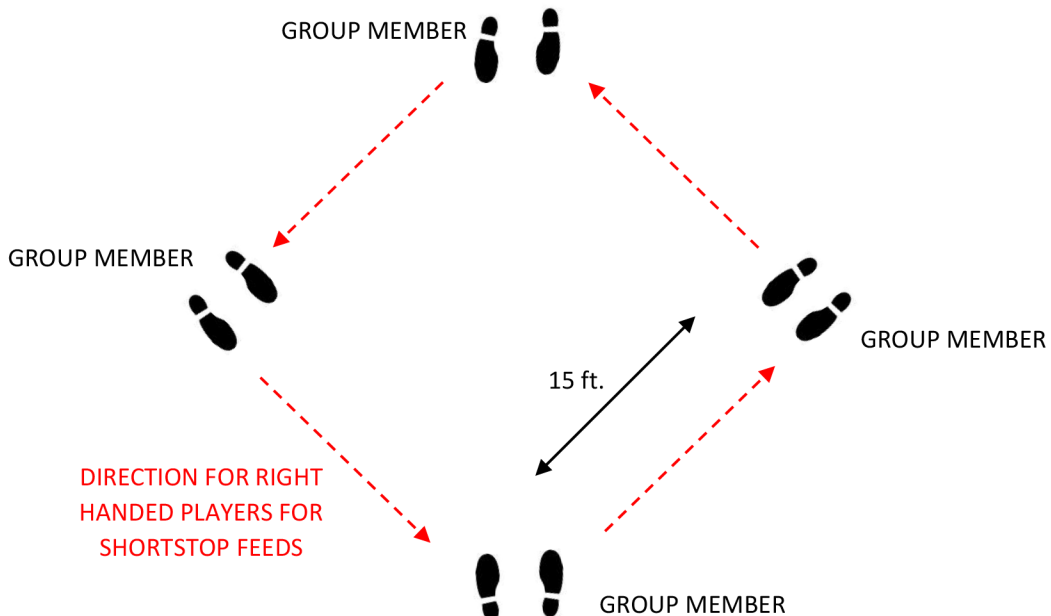
Equipment Required: Gloves and ball

Goal: Underhand toss to partner's chest, keeping the toss quick and on a line

Description of the Drill:

- Players in a square 15 feet apart from each other with 1 ball
- Players will feed the ball to the player to their glove side as if they were turning a double play
- For double play feeds as a shortstop:
 - Group members toss the ball underhanded to the player to their glove side with their glove side shoulder pointed at the player they are tossing to
 - Players keep hand and glove together when receiving the ball
 - Players keep tossing the ball around the square using shortstop underhand feeds focusing on tossing to their partner's chest and keeping the toss quick and on a line
- Players rotate through the drill so that they each get 10 tosses as a shortstop
- This drill can be done anywhere there is enough space (outfield, in a gym, in an open field)

Layout of Drill:



Forehand Range

Skill Set: Infield

Difficulty Level: Medium

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Balls and gloves, tennis balls can be used

Goal: Stay low and keep eyes on the ball to field the ball forehanded

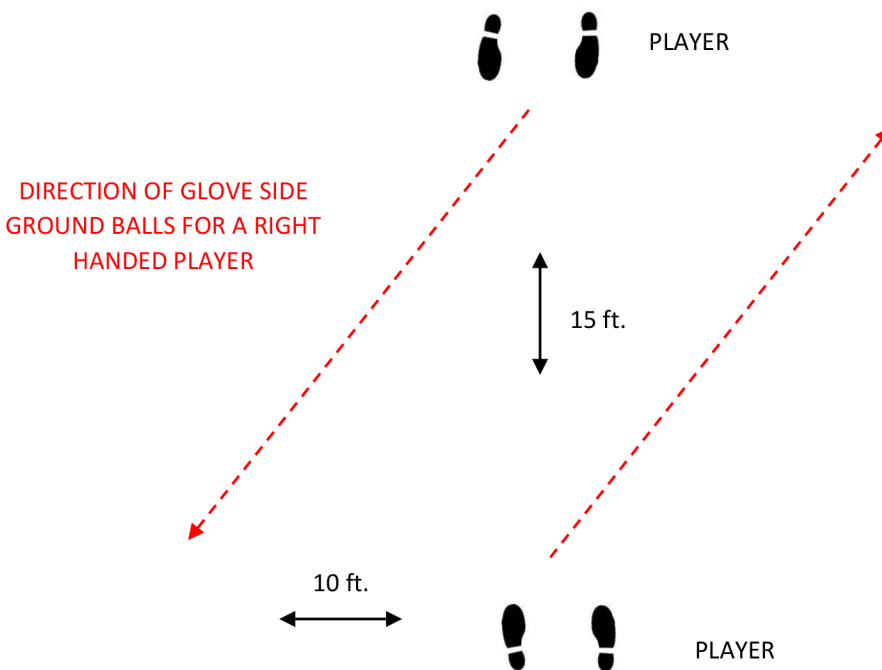
Description of the Drill:

- Partners 15 feet apart on facing each other on the infield
- Players start in defensive ready position with knees bent, feet shoulder width apart
- Partner rolls a ground ball 10 feet to the glove side of their partner
- Receiving partner moves to get to the ball and fields it with a forehand in one continuous motion, staying low and keeping their eyes on the ball
- Partners then get reset to throw another forehand groundball
- Partners throw ground balls back and forth to each other until each partner has had 10 repetitions

Add Difficulty:

- To add a degree of difficulty, players can challenge each other by rolling the ball harder or further away

Layout of Drill:



Preset Backhand Pick & Stick

Skill Set: Infield

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

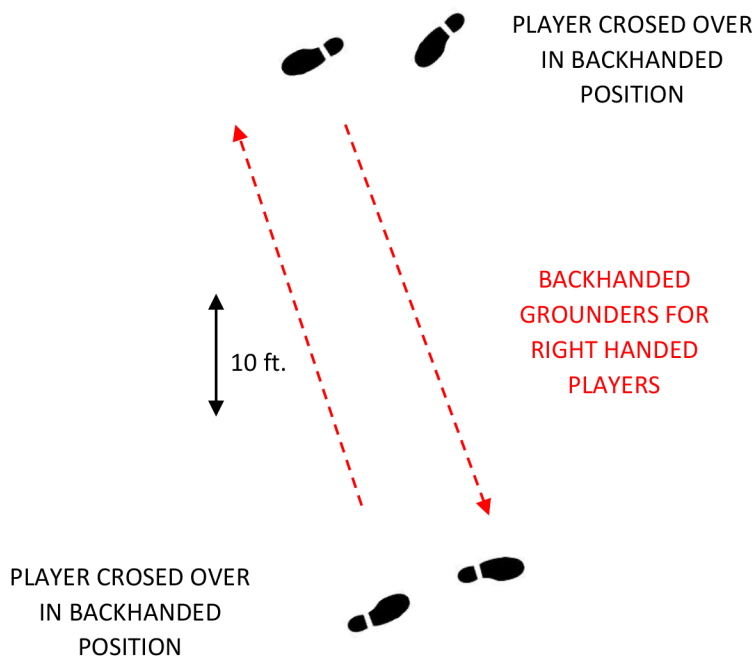
Equipment Required: Balls and gloves

Goal: Stay low while crossing glove foot over throwing foot and keep eyes on the ball

Description of the Drill:

- Partners 10 feet apart facing each other in defense ready position
- Both partners are set up so that they are in the backhand position with their glove foot crossed over their throwing foot, and their glove shoulder pointed to their partner
- Partner rolls a groundball to the backhand side of their partner, so that they can stay in the backhanded position without moving to field it
- Receiving partner stays low while being crossed over, keeps their eyes on the ball, and focuses on pushing through the ball to field
- Receiving partner gets into throwing position after the ball is fielded, then rolls a backhanded grounder to their partner
- Partners throw backhanded grounders back and forth to each other until each partner has had 10 repetitions

Layout of Drill:



Preset Backhand Rake

Skill Set: Infield

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

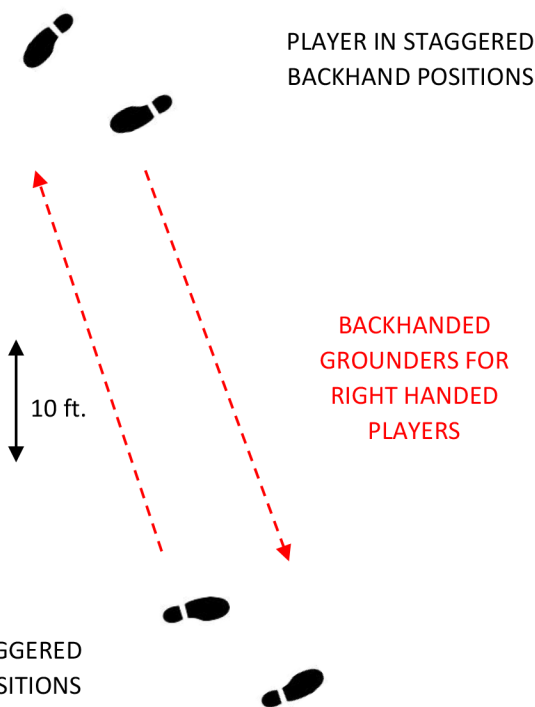
Equipment Required: Balls and gloves, can use tennis balls

Goal: Stay low, keep eyes on the ball, focus on pushing glove through the ball

Description of the Drill:

- Partners 10 feet apart facing each other in defense ready position
- Both partners are set up so that they are in the backhand position with glove shoulder pointed towards their partner and stance staggered
- Partner rolls a groundball to the backhand side of their partner, so that they can stay in the backhanded position without moving to field it
- Receiving partner stays low, keeps their eyes on the ball, and focuses on pushing through the ball to field
- Receiving partner gets into throwing position after the ball is fielded, then rolls a backhanded grounder to their partner
- Partners throw backhanded grounders back and forth to each other until each partner has had 10 repetitions

Layout of Drill:



Rapid Fire Fungo

Skill Set: Infield

Difficulty Level: Medium

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 10 minutes

Equipment Required: Balls and gloves, bat

Goal: Focus on pre-pitch movement, reaction, and first step to the ground ball

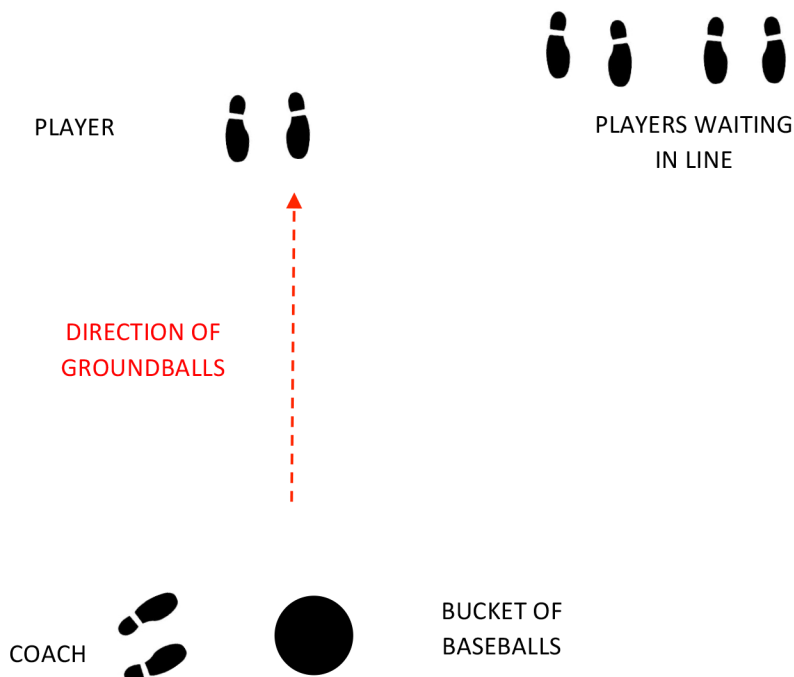
Description of the Drill:

- Players in a line at least 60 feet from coach (or in infield positions)
- Coach hits ground balls quickly to the player, allowing only enough time to get reset
- Players field the ground ball, toss it off to the side, and get ready for the next ground ball
- Player should focus on their pre-pitch movement to get in their ready stance, their reaction to the ball, and their first step to the ball
- Players rotate after 10 ground balls

Add Difficulty:

- To add a degree of difficulty, coach can challenge players by hitting the ball harder or to either side of the player
- To add a degree of difficulty, players can throw the ball to another player covering 1st base

Layout of Drill:



Shortstop Flips to Second Base

Skill Set: Infield

Difficulty Level: Easy

Number of Athletes and Coaches: 2-3 athletes and 1 coach, or 4 athletes as partners

Average Time to Complete: 5 minutes

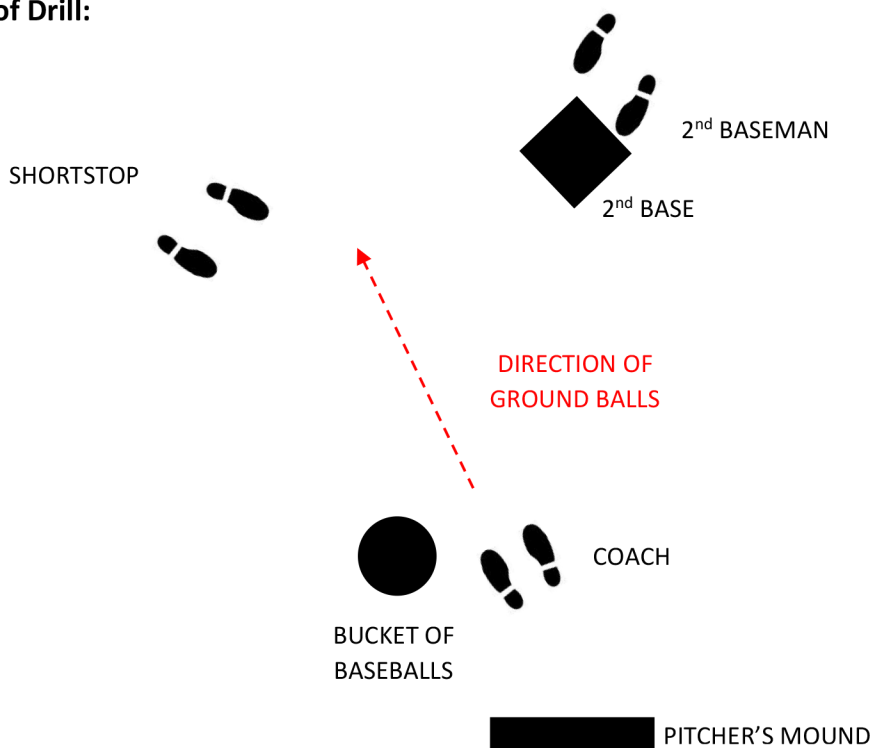
Equipment Required: Gloves, bucket of baseballs, base

Goal: Underhand flip the ball to 2nd baseman's chest on a line at medium speed

Description of the Drill:

- Players are in the second baseman and shortstop positions
- Coach is behind the pitching mound, rolls ground balls slightly to the left of the shortstop
- Shortstop fields the ground ball forehanded and then underhand flips the ball to the 2nd baseman covering 2nd base, using the momentum to move towards second base
- Shortstop should underhand flip the ball on a line at medium speed to the 2nd baseman's chest, while staying low through the flip
- 2nd baseman covers 2nd base to receive the flip from the shortstop
- Coach rolls 10 ground balls to the shortstop, and then the shortstop and 2nd baseman switch positions
- This can also be done with 2nd basemen flipping to 1st base

Layout of Drill:



Slow Rollers Fungo

Skill Set: Infield

Difficulty Level: Medium

Number of Athletes and Coaches: 2-3 athletes and 1 coach, or 4 athletes as partners

Average Time to Complete: 10 minutes

Equipment Required: Gloves, bat, bucket of baseballs

Goal: Charge the ball, stay low and stay under control, break down to field the ball

Description of the Drill:

- Players are at least 60 feet away from the coach in a line (or in the infield positions)
- Coach is near home plate, hits slow rolling groundballs to players
- Players charge the slow rolling ground ball, staying low to field it under control with two hands, and fake a throw to the 1st baseman
- Players should stay under control so that they can break down and field the ball (don't charge so fast that the player is out of control)
- Players field and throw the ball, then rotate to the back of the line
- Coach hits groundballs so that each player receives 10 repetitions

Add Difficulty:

- To add a degree of difficulty, players can throw the ball to another player at 1st base

Layout of Drill:

