

Infield Drills

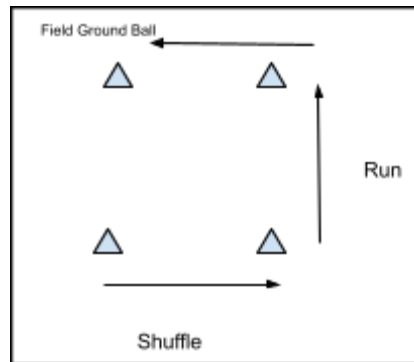
1. Warm up:

- a. **Stationary Drill**- Feet planted in ground, w/glove or w/o glove, rolling the ball back and forth to each other.
 - i. Glove out in front of body
- b. **Movement Drill**- Movement to the ball, 2 steps w/ glove or w/o glove
 - i. Variation 1- ground ball catch and turn glove side/arm side simulating a throw
 - ii. Variation 2- thrown ball catch and turn with glove
- c. **Knee Drill**- Both knees down on ground fielding ground balls w/ or w/o glove
 - i. Regular and short hops
- d. **Forehand/Backhand Drill**- One partner rolls the ball side to side, fielder doing forehands and backhands

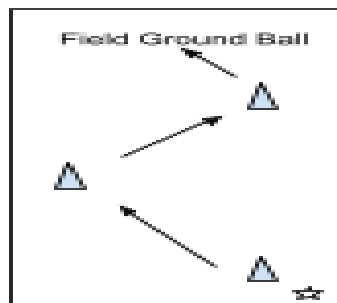
2. Practice Drills:

- a. **Cage Shuffle Drill**- Parallel with your partner, keeping eyes up flipping the ball at their chest.

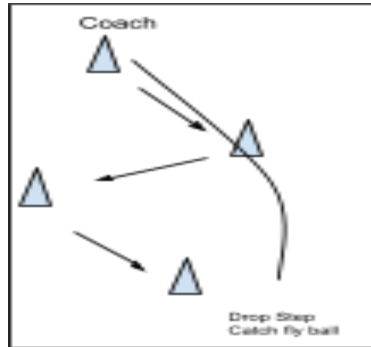
- b. **Cone Box Drill**-



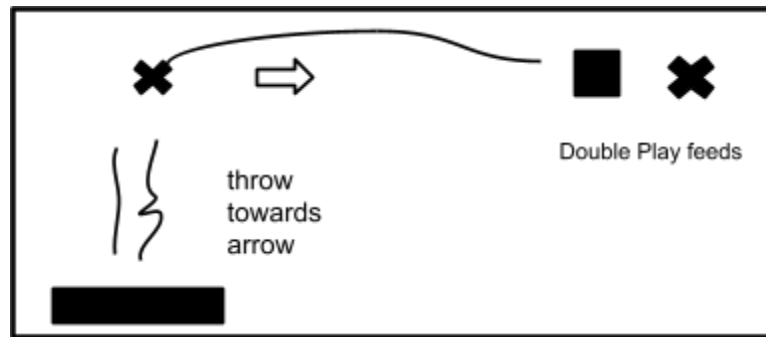
- c. **Zig Zag Drill**-



d. **Drop Step Drill**- Drop step from cone to cone.



e. **Wall Ball Drill**- Back side of pitching mound to toss baseball against. (Could use gym wall) 60ft away if possible



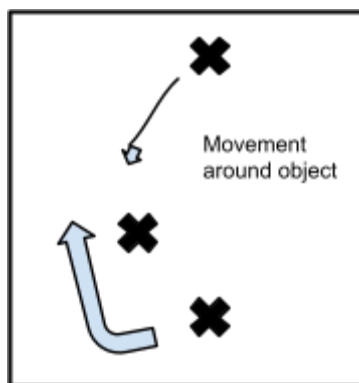
i. Change to make it closer for middle infield feets to 2B/SS

f. **2 Man Attack**- Use another player or a bucket. Works on infielders getting around the baseball.

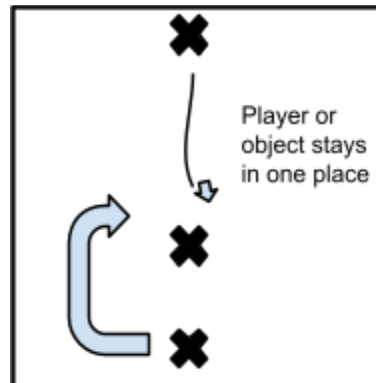
i. Variation A, move around object rolls to a spot.

ii. Variation B, object or player is still.

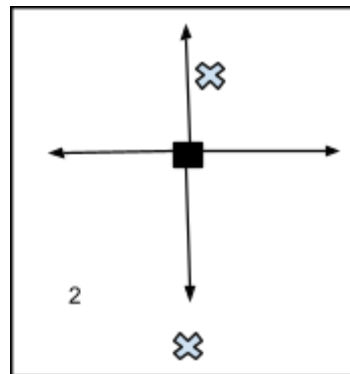
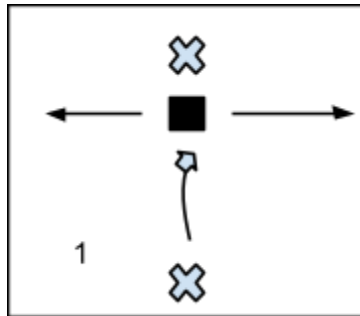
A



B

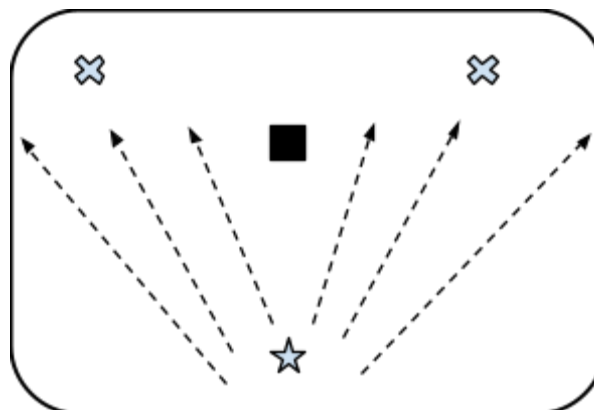


- e. **Circuit Footwork**- Drills designed to work on footwork for double plays and agility.
- Variation 1- player moves to mark and receives ball, turns double play ball to right (2B) or back door to 3B.
 - Variation 2- player moves in front of base to catch low liner. Left or right for DP ball or cut off throw. Movement back to drop step for fly ball.
 - Players can freeze after catch with movement for 3 secs then simulate throw.



- f. **Ground Ball Freeze**- 15-20ft apart for each player. Working on backhands and forehands, freeze when ball is caught for 3 seconds, then finish the play.
- g. **Box Drill**- 4 players stand in a square format.
- Variation 1- Players flip ball to the person next to them, working on double play feeds.
 - Variation 2- Players receive ground balls from the person next to them. After player fields the ball, they jump turn and roll to the person next to them.
 - Variation 3- Players roll ball opposite each other, working through the ball, then rolling it to the person who is diagonal to them.
- h. **Double Play Drill**- Works on footwork for double play balls with different variations.
- Variation 1- 2B feeds to SS on regular ground balls, flips and jump turns.
 - Variation

regular balls in



2- SS feeds to 2B on ground balls, flips and the hole.

I. Four Corners- One of the group. We have 4 square. Player starts in the the coach rolls the ball to

player starts in the middle players spread out like a middle of the group and the top back left for a back

hand, next comes forward for a slow roller, next take a ground ball to the forehand and last slow roller glove flip to home plate.

1. Rotation- 1 to 2, 2 to 3, 3 to 4, 4 to 5, 5 to 1

