

Drills to Fix Common Problems with Fielding

Best way to correct problems is utilize the Kaizan philosophy--build one drill on the next. Video tape will also be the most effective way to allow the player to understand the problems. Show video of both correct and incorrect fundamentals.

Infielder does not get a good jump on the ball, and does not walk into his stance

- Make player walk into stance with light fungoes
- Make player move feet between pitches
- Start with tennis feet to keep feet moving

Wasted steps on way to baseball

- Steps behind and worry more about style
- Need to attack the baseball
- Use a stopwatch to time players (as soon as ball is off fungo to catch on throw)

Angle on approach is not strong enough

- Use cone or marker to help with making angle
- Wording can be a “kick through”
- Focus on “nose-to-leather”
- See the side of the ball - follow throw to target

Flipping the glove

- Style vs. Substance
- Keep palm on ball and have players in line keep palm on ball to create reinforcement
- Focus on level player keeps glove – knee level – many times this happens because player comes up then goes down
- Watch elbow - we want elbow in when fielding ball, if elbow is out, player forces elbow in and this creates a flip

Eyes not level and player moves up and down

- Stay at lower level rather than coming up – focus on down and out
- Have player tap ground with glove before fielding. Start glove at knee level – tap - field

Does not field out front of body

- Butt is not low enough
- Feet are too close
- Fields underneath
- Out front can see ball come into glove and creates softer hands

Fielding ball off throwing (non-glove) side of the body

- Head begins moving to target very early
- Looks like an over-exaggerated V-cut
- Creates an in-between hop rather than the top or bottom of hop
- Shoulders not square to the ball

Transfer problems

- Head goes to target too early and ball is not brought to midline on separation

Separation

- Focus should be getting ball out of the glove early, balanced, midline of body

Not finishing off the play

- Receive ball back after throw

Angle on slow roller

- Running straight at ball and have no angle for throw
- Receive ball back after throw

Drills

1-2-3 Drill

- Focus on fielding in 3 steps. Start slow with the call and then speed the calls up.
 - 1- Field Ball
 - 2- Bring to stomach (midline)
 - 3- Get to throwing position

Used to help players who:

- Are not fielding the ball out front
- Lose the ball in transition
- Field the ball on non-glove side
- Do not square up to the ball with shoulders and feet

Angle Cone Drills

ACD 1 – used with regular, v-cut, backhand, slow roller

- Cones used for visual to help create a straighter line to target on throw
- Field ball and move body in line with cones to target

ACD 2 – used with forehand and ball on glove side

- Field the ball and then square the shoulders up for the throw
- Helps to follow the throw with “nose-to-leather”

Used to help players who:

- Do not follow throw (add the receive back drill with ACD)
- Do not square up to target on throw
- Are not fielding the ball working forward through the ball to target

No Panic Drill

- Player will bobble ball and create a few extra hits on ball while moving to target
- Teaches players not to panic on tough ground balls, focus on gripping ball before the throw, close the distance to target, and throwing on the run
- Same drill as Second Effort Drill

Cone Drill

- Put a cone between fielder and target
- Great visual to allow fielders to work closer to target
- Add the Receive Back Drill to drill to reinforce all mechanics

Receive Back Drill

- One of my favorites fielder will receive ball back from player making catch
- Teaches to follow throw – “nose-to-leather”

Small Hurdles

- Player will step over small hurdles set up to help player move feet, have quick feet, and to eliminate the dragging of the feet
- Step over 2-4 hurdles the field the ball – Add with the 1-2-3 Drill