

FIELDING DRILLS

Catching the ball – fingers up and down

Teach the proper glove position for a ball above the waist (fingers up) and below the waist (fingers down). At waist, bend the legs and catch fingers up. Work on stepping to ball and understanding the hop philosophy.

Throwing Drills

Teach grip, skateboard, front side tight, arm action is down back and up, watch partner catch the ball or throw to wall. Throw from stride out, then move to shuffles, then to crow hops

Hockey Puck Drill

Throw hockey pucks against the wall to teach proper backspin for throwing. Puck should come right back if thrown properly

Wall Drill – Ground Balls

Throw ball against the wall with proper mechanics and field with proper mechanics. Move fast and stress proper throw-field-throw

Soft Hands

Ground balls and catching skills with paddle hands. Great to stress 2 hands

Shuffles – fielding

Sliding back and forth with partner rolling two balls. Roll one ball to right, player fields and flips back and shuffles back to middle with partner rolling ball to left, and keep the action going.

One hop station and tags

Teach players to field one hops. Get ball on short hop or top of hop. Step to ball, field in front of eyes. Teach players proper tagging with punch tag and two hand tag.

Quick throws and Relay Mechanics

Throw back and forth as quick as possible. Catch ball at midline of body (move feet), quickly throw back. Relays should be done in 3s stressing proper goal post position for the middle person, catch the ball moving the feet, and be in skateboard position immediately as ball approaches

Underhand feeds and double play pivots and feeds

Teach players stiff wrist, follow feed, and control pace of ball. This drill is used for double play feeds, 31 play, and pitcher bunt 12 play/. Teach the double play feeds and pivots.

Kaizan single hands and Kaizen double hands and Approaches

Stress single hands with throwing hand on back, first time do single hand, then do single hand with right step, then do a single hand with right-left step. Stress double hands with fielding in front of glove eye, first time do double hand, then do double hands with right step, then do a double hands with right-left step. Teach to approach the ball aggressively and under control. Work toward target. Most critical to know and understand.

Fly balls

Catch fly balls with glove foot in front and ball above head. Work into crow hop if possible. Add runs and pass patterns.

Emanski Drill – Circle Ground balls

put group in circle and try to hit ball between the legs of the other players. You stress the blocking of the 5 hole.