



Quick Hands Fielding

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

Goal: Get ball from glove to throwing hand and into throwing position as fast as possible

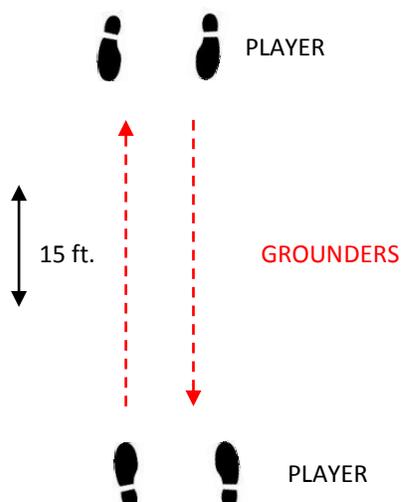
Description of the Drill:

- Partners 15 feet apart facing each other in defense ready position
- Players in the defense ready position
- Partners throw grounders to each other
- Receiving partner moves towards the ball and keeps their glove out front
- Receiving partner fields the ball and gets it to their throwing hand and into the throwing position as quickly as possible
- Partners throw grounders back and forth to each other until each partner has had 10 repetitions

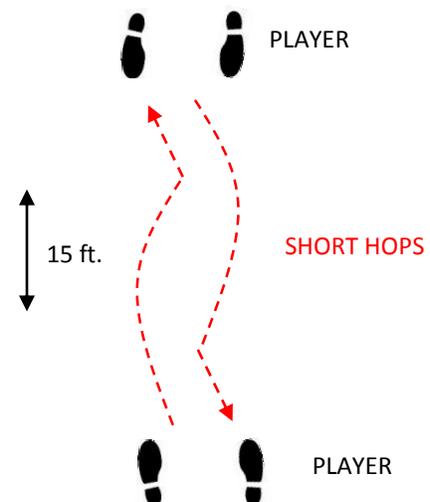
Add Difficulty:

- 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:





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

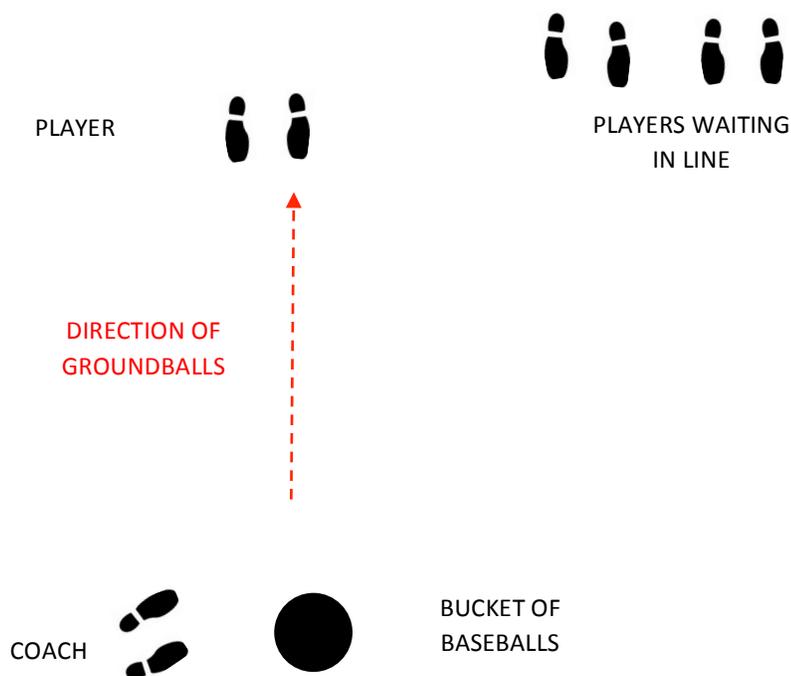
Description of the Drill:

- 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:



Right Left Shuffle

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: Cross over with right foot, shuffle with left foot, and field the ball in front

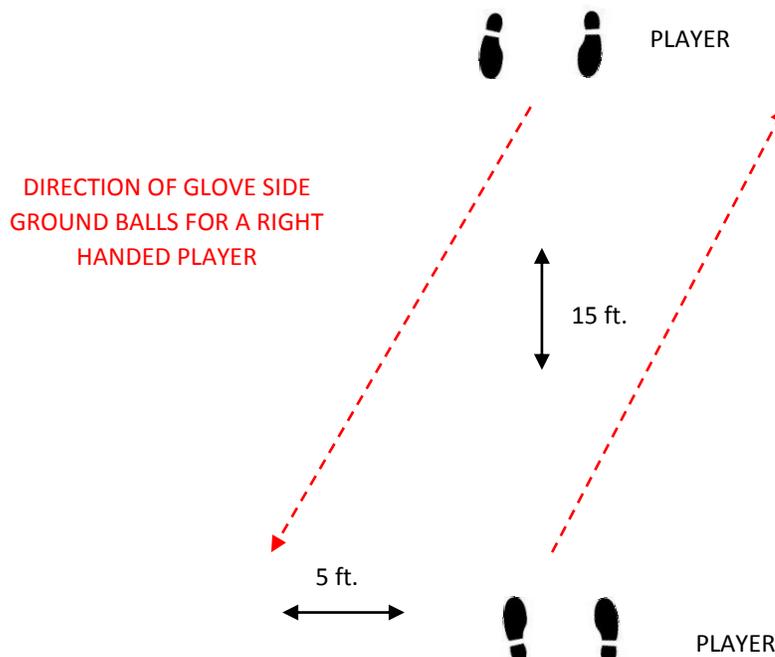
Description of the Drill:

- 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 5 feet to the glove side of their partner
- Receiving partner crosses over with their right foot, then shuffles with their left so that they field the ball directly in front of their body as they move through it
- Partners then get reset to throw another 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
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Layout of Drill:



Short Fungo Circle Drill



Skill Set: Infield (Team)

Difficulty Level: Hard

Number of Athletes and Coaches: Full infield and 2 coaches

Average Time to Complete: 10-15 minutes

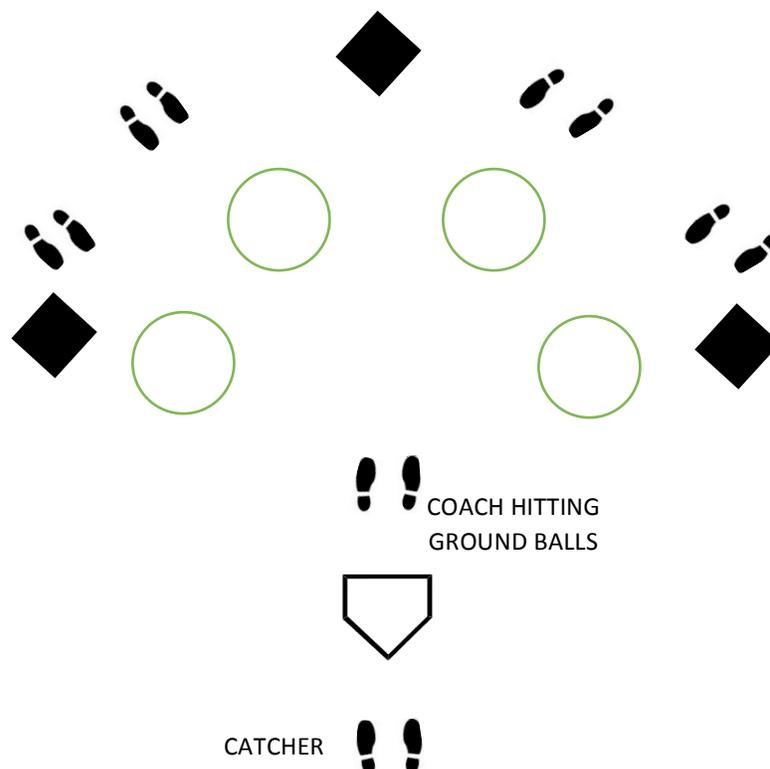
Equipment Required: 1 fungo hitter (coach), bucket of baseballs, gloves, infield with bases, stop watch

Goal: Get ball to first base in under 4.3 seconds from each position, play at game speed

Description of the Drill:

- Infield is at all positions except pitcher, catchers do not need gear, just gloves
- Coach draws a circles in the dirt 10-15 feet in front of position players
- Coach stands halfway between the infield and home plate and hits soft short distance fungos
- Infielders must field charge the slow rolling grounders to field them inside of the circle
- Repeat sequence with infielders starting inside the circle, and aggressively moving their feet to field the ball outside the circle
- Rotate around the field by hitting one groundball to each position, and repeat for all infield positions
- Two coaches can hit fungos, one to the left side and one to the right side.

Layout of Drill:



Shortstop Backhand Spin

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

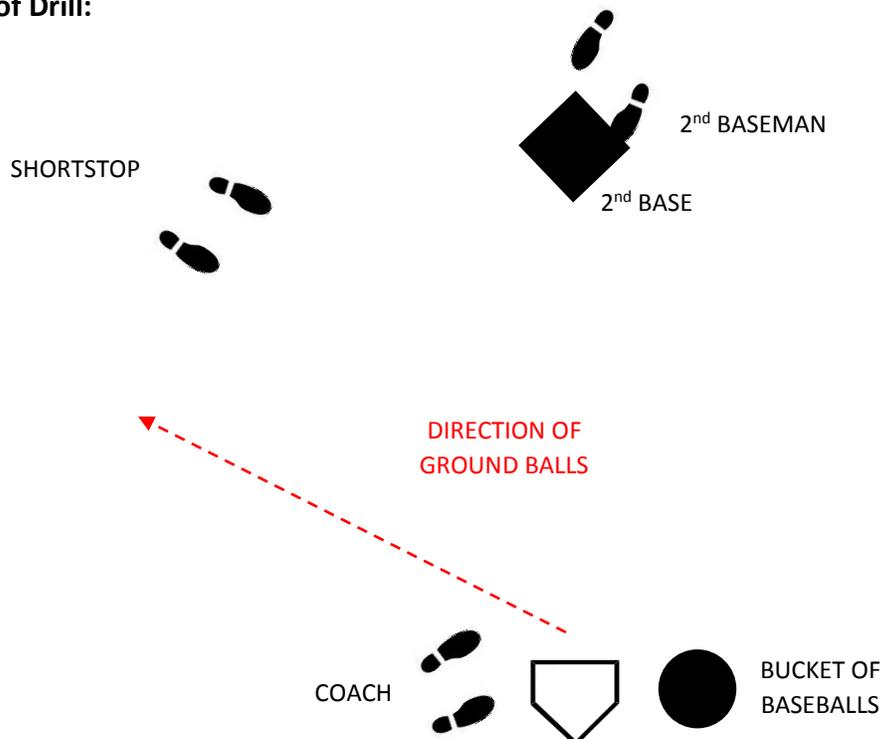
Equipment Required: Gloves, bat, bucket of baseballs, base

Goal: Field ball using cross over backhand and bring throwing foot through to throw

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 shortstop
- Shortstop fields the ground ball using a cross over backhand and bring throwing foot through to get to the throwing position and throws the ball to the 2nd baseman covering 2nd base
- Shortstop should throw the ball on a line to the 2nd baseman
- 2nd baseman covers 2nd base to receive the flip from the shortstop
- Coach hits 10 ground balls to the shortstop, and then the shortstop and 2nd baseman switch positions
- This can also be done with 2nd basemen throwing to 1st base

Layout of Drill:



Shortstop Drop Step Throw

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

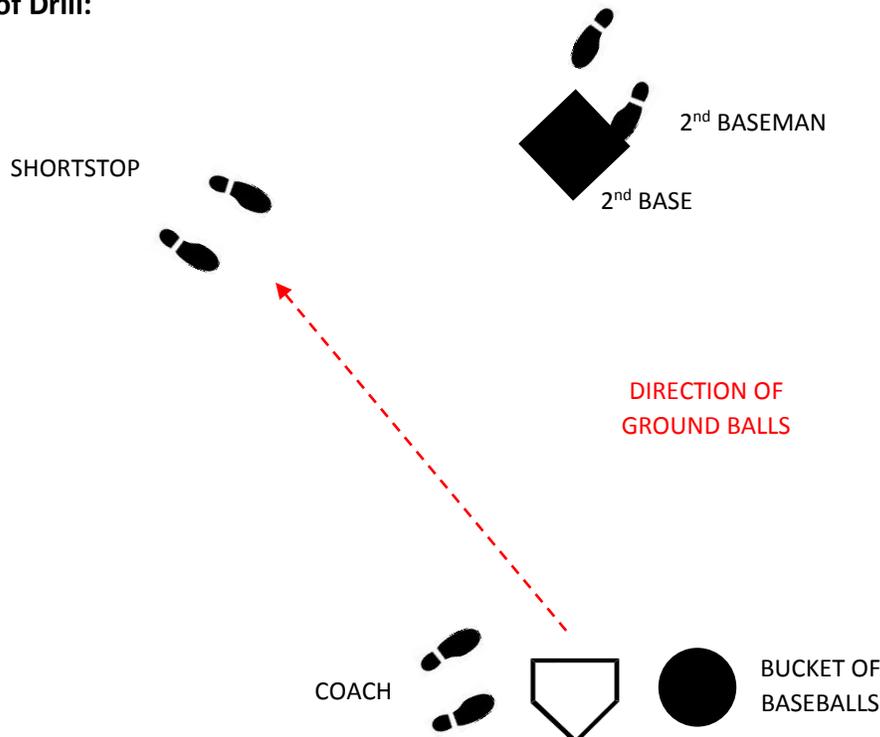
Equipment Required: Gloves, bat, bucket of baseballs, base

Goal: Field ball and take a drop step with glove foot to open up to 2nd base

Description of the Drill:

- Players are in the second baseman and shortstop positions
- Coach is near home plate, hits ground balls directly at the shortstop
- Shortstop fields the ground ball and then drops glove foot back to open up chest to 2nd base and throws the ball to the 2nd baseman covering 2nd base
- Shortstop should throw the ball on a line to the 2nd baseman
- 2nd baseman covers 2nd base to receive the flip from the shortstop
- Coach hits 10 ground balls to the shortstop, and then the shortstop and 2nd baseman switch positions

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

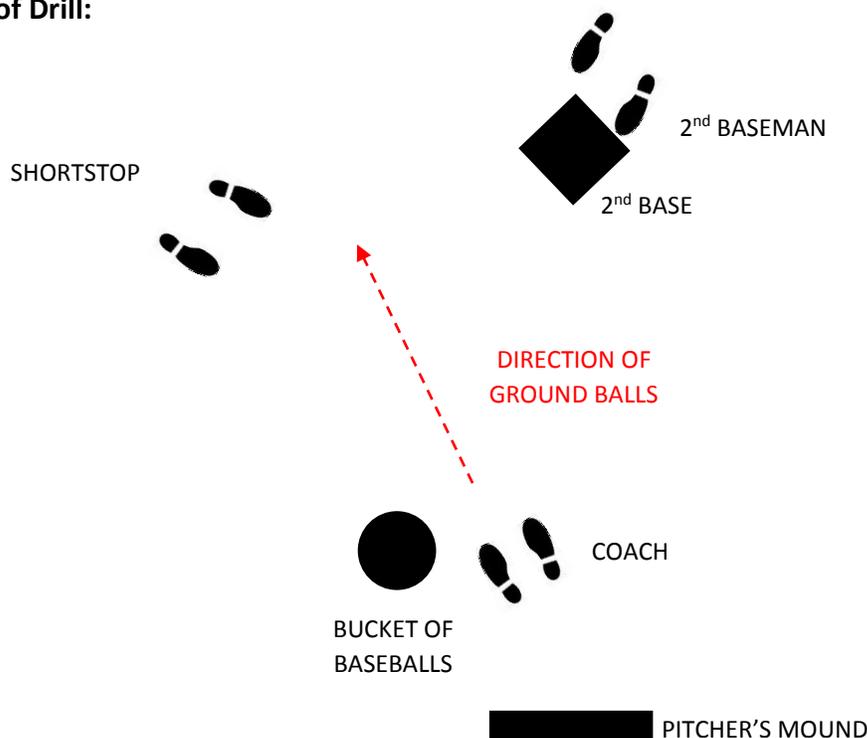
Equipment Required: Gloves, bucket of baseballs, base

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:



Shortstop Forehand 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

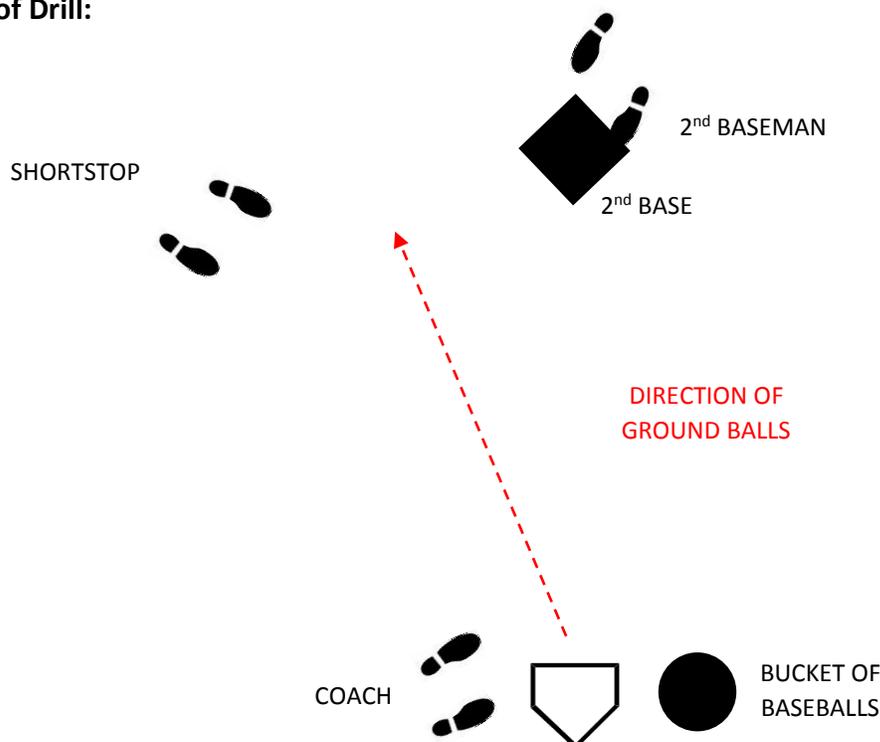
Equipment Required: Gloves, bat, bucket of baseballs, base

Goal: 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 near home plate, hits 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
- Shortstop should underhand flip the ball on a line at medium speed to the 2nd baseman's chest
- 2nd baseman covers 2nd base to receive the flip from the shortstop
- Coach hits 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:





Shuffle Gather Throw Fungo

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: 10 minutes

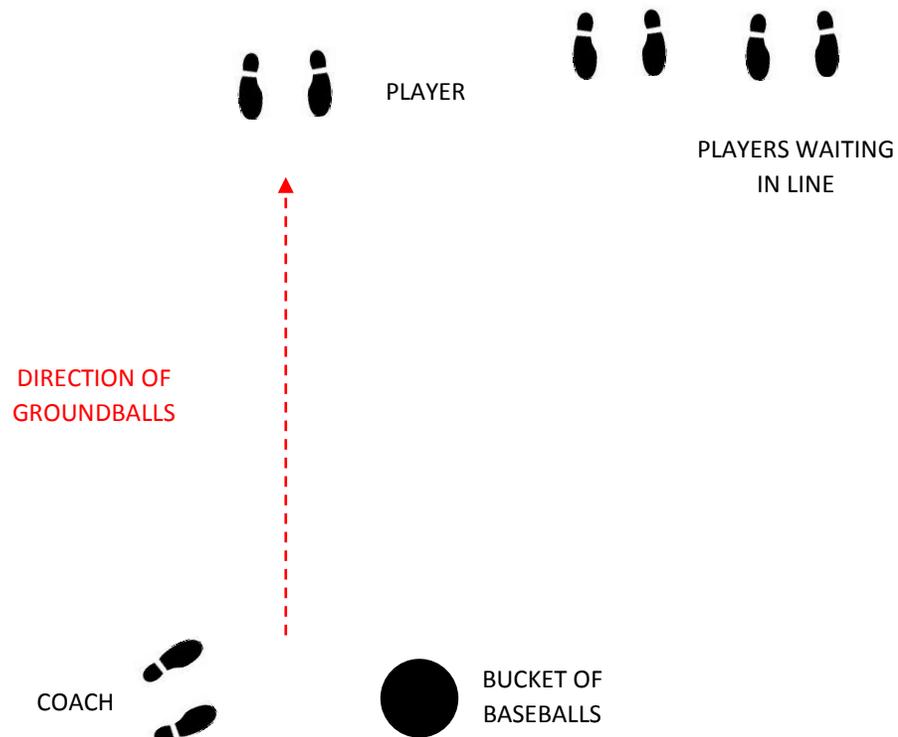
Equipment Required: Gloves, bat, bucket of baseballs

Goal: Field the ball, shuffle feet once, gather the ball in the band, to throw to 1st baseman

Description of the Drill:

- Players are at least 60 feet away from the coach in a line (or in the infield positions), one player at 1st base
- Coach is near home plate, hits groundballs to players
- Players field ground ball, staying low, and come up to shuffle feet once, gather the ball in the throwing had, to throw to 1st base
- Players should stay under control when shuffling and get themselves in a better position to throw
- Players field and throw the ball, then rotate to the back of the line
- Coach hits groundballs so that each player receives 10 repetitions

Layout of Drill:



Slow Rollers

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, charge the ball, stay under control to field the ball in front of the body

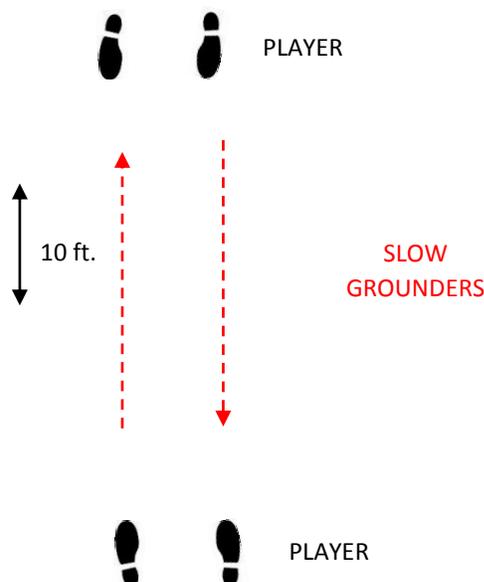
Description of the Drill:

- Partners 10 feet apart facing each other in defense ready position
- Throwing partner rolls a slow grounder straight to partner
- Receiving partner charges the slow rolling ground ball, staying low to field it under control with two hands, and fake a throw to the 1st baseman
- Receiving partner 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)
- Receiving partner then rolls a slow grounder to their partner
- Partners throw slow grounders back and forth to each other until each partner has had 10 repetitions

Add Difficulty:

- To add a degree of difficulty, players can field without a glove, one handed or two handed
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Layout of Drill:





Infield – Game Situations

Skill Set: Infield

Difficulty Level: Easy

Number of Athletes and Coaches: Whole team, 2 coaches

Average Time to Complete: 25 minutes

Equipment Required: Bases, baseballs, gloves, bats

Goal: Focus on infield cooperation in double play and rundown situations.

Infield Stations

The following stations should be set up on field or with throw down bases with coaches hitting groundballs at the Pirate Drill station.

1. Pirate Drill – 15 minutes

- Infield is at all positions except pitcher, 2 players at each position, catchers in full gear
- Coaches are set up on either side of home plate to hit ground balls to infield
- Coaches will hit across each other, so that the balls cross paths
 - Coach 1 Rotation (Make sure players stay out of the way of throws!)
 - Coach 1 hits fungo to third baseman
 - Third baseman turns a double play with the second baseman at second
 - Second baseman throws to the first baseman at the screen
 - First baseman at the screen throws ball back to catcher
 - Coach 2 Rotation (Make sure players stay out of the way of throws!)
 - Coach 2 hits fungo groundball to shortstop (shortstop plays deep)
 - Shortstop throws ball to first baseman at first base o First baseman throws ball back to catcher 2
 - Players rotate at their positions until each coach has gone through a bucket of baseballs

2. Rundown – 10 minutes

- Divide players into pairs. Partners will take turns acting as chaser and receiver
- Place one pair of players at third base. Receiver should be approximately five feet in front of third base
- Place a cone 30 feet from third base, on the foul line toward home plate, to act as a "release point"
- Chaser should stand at home plate, facing third base, approximately 3 feet to their side of the foul line.
- Chaser holds a ball in the throwing position and runs full speed toward third base
- Receiver asks for the ball when the chaser reaches the cone by stepping forward and yelling "NOW!" with hands held shoulder high in receiving position
- Chaser makes a soft toss to the receiver and rotates right

- Receiver simulates a tag and flips the ball back to the chaser
- Chaser returns to home plate to the end of the line
- Second chaser and second receiver wait until after the chaser has gotten the ball back before taking their turn
- Each pair should complete 6 reps total. After each pair has cycled through 3 reps, make sure partners switch roles for the next 3 reps so that all players have been both chasers and receivers



Target Tee

Skill Set: Hitting

Difficulty Level: Hard

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

Average Time to Complete: 10 minutes

Equipment Required: Home plate, bat, two tees, bucket of baseballs (cage is optional), basketball

Goal: Focus on hitting the inside of the ball and driving the ball through the target

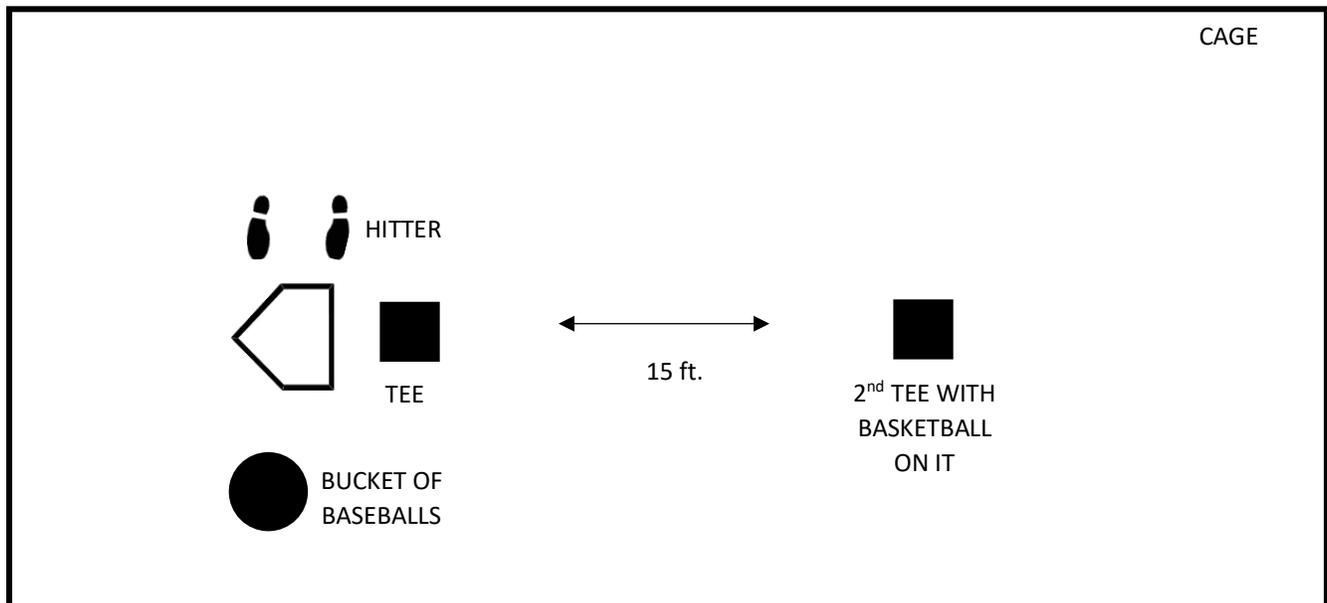
Description of the Drill:

- One tee is set up slight in front of the middle of the plate, the other tee is straight ahead at the 15 feet away with a basketball on it (can move the 2nd tee closer to decrease difficulty)
- Hitter sets up even with the plate, partner places a ball on the tee
- Hitter hits the ball off of the tee, trying to get the hit ball to knock the basketball off of the tee at the far end of the cage
- Once the hitter hits the basketball off of the far tee, the tee and basketball can be moved around the cage or field as a different target to try to hit
- Focus should be on good quality swings, and hitting the inside of the ball, driving the ball through the target
- Partners switch after 10 swings

Add Difficulty:

- To add a degree of difficulty, a baseball can be placed on the 2nd tee in place of the basketball
- To add a degree of difficulty, the 2nd tee can be moved further away from the hitter

Layout of Drill (cage is optional, can be done on a field):





Team Situations

Skill Set: Team

Difficulty Level: Medium

Number of Athletes and Coaches: Athletes in defensive positions, rest of players as offense

Average Time to Complete: 20 minutes

Equipment Required: Gloves, bucket of baseballs, screen for coach to front toss from

Goal: Create and execute situations as an offense and defense.

Description of the Drill:

- Split players up into two teams
- One team takes the field as defense, the other team is the offense
- Set up a screen for a coach to throw front toss from on the field
- Have the offense and defense play as if it were a real game
- As plays happen, go over what was done well and what needed to be improved on for both the offense and defense
- After 6 outs, the offense and defense rotate.

1st Base Flip to Pitcher

Skill Set: Infield

Difficulty Level: Medium

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or all 1st basemen and pitchers

Average Time to Complete: 5 minutes

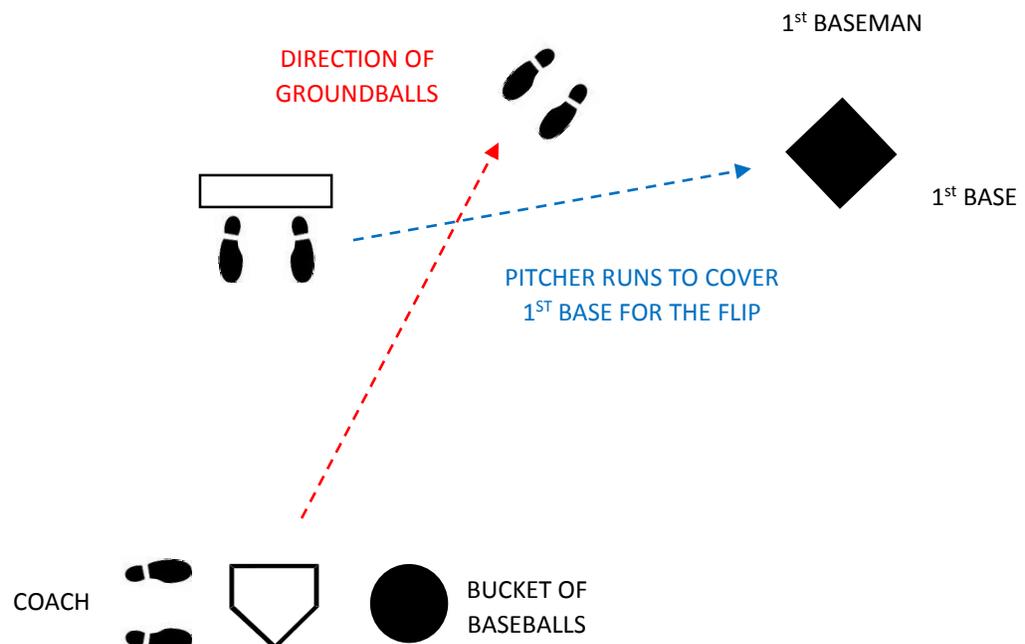
Equipment Required: Gloves, bucket of baseballs, base, fungo bat

Goal: Focus on making a good flip on a line to the pitcher as they step on 1st base

Description of the Drill:

- Player is in fielding position at 1st base, pitcher on the mound
- Coach is at home plate with a bucket of baseballs and a bat
- Pitcher goes through a dry (without ball) pitching motion
- Coach hits a ground ball to the right of the 1st baseman after pitcher goes through dry pitching motion
- 1st baseman fields the groundball while the pitcher is running to 1st base to cover the bag
- 1st baseman flips the ball to the pitcher covering 1st base
- Focus on the 1st baseman making a good flip on a line to the pitcher covering 1st base, and the pitcher catching the ball with their foot on 1st base
- Pitcher tosses the ball off to the side and players get reset in their positions
- Coach hits the 1st baseman groundballs until they have had 10 repetitions (players may rotate if more than one 1st baseman)

Layout of Drill:



1st Base Inside Receiving

Skill Set: Infield

Difficulty Level: Medium

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or all 1st basemen and pitchers

Average Time to Complete: 5 minutes

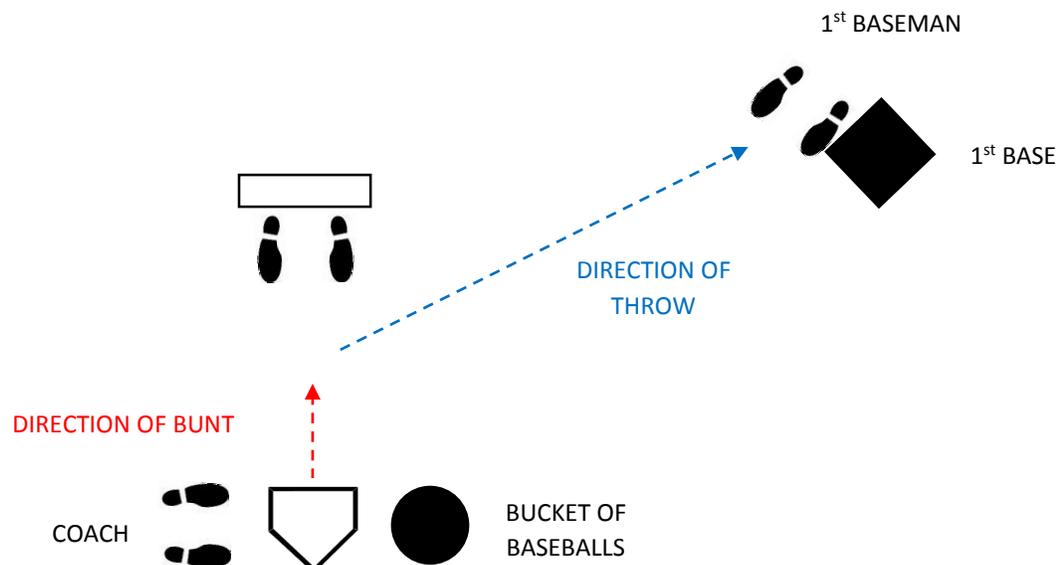
Equipment Required: Gloves, bucket of baseballs, base, fungo bat

Goal: Focus on 1st baseman being a big target for the pitcher with their left foot on bag

Description of the Drill:

- Player is in fielding position at 1st base, pitcher on the mound
- Coach is at home plate with a bucket of baseballs and a bat
- Pitcher goes through a dry (without ball) pitching motion
- Coach bunts the ball, pitcher fields the bunt and throws it to 1st base
- 1st baseman sets up to receive the throw with their left foot on the bag and chest squared to the pitcher, they should try to be a big target for the pitcher to throw to
- 1st baseman should move to adjust to the throw, if the throw is on the other side of the base, the 1st baseman should shuffle across the bag so that their right foot is on the bag and they are squared up to the pitcher
- Focus on the 1st baseman making a big target with their body for the pitcher, keeping their left foot on the bag
- 1st baseman catches throw from the pitcher and places the ball off to the side, players all get reset in their positions
- Coach bunts to the pitchers until they have had 5 repetitions (players may rotate)

Layout of Drill:





1st Base Off Bag

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, fungo bat

Goal: Focus on making good athletic shuffles to get into position to field a groundball

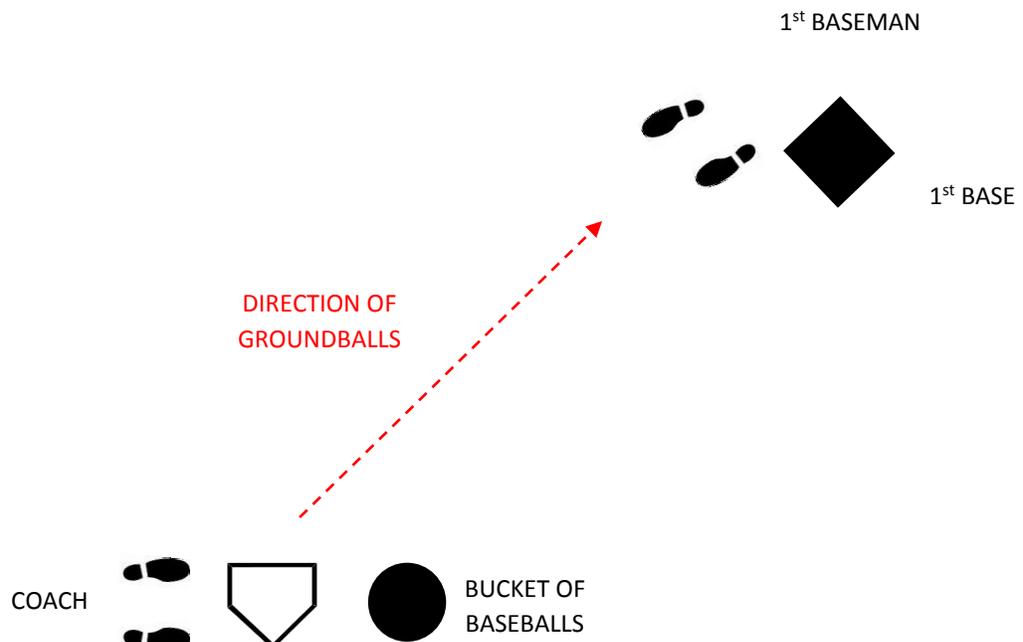
Description of the Drill:

- Player is on 1st base, slightly in front of the bag as if they were keeping a runner on the bag
- Coach is at home plate with a bucket of baseballs and a bat
- 1st baseman shuffles off of the bag to get into their fielding position
- Focus should be on making good athletic shuffles to get into position to field a groundball, not running and crossing the feet
- Coach waits until the player has taken 1 shuffle off of the bag and hits them a groundball
- 1st baseman fields the ground ball and tosses it off to the side
- Coach hits the 1st baseman groundballs until they have had 10 repetitions (players may rotate if more than one 1st baseman)

Add Difficulty:

- To add a degree of difficulty, the coach may also hit short hops to the 1st baseman

Layout of Drill:



1st Base Receiving

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: Gloves, bucket of baseballs, base

Goal: Wait until the ball is thrown to stride towards the ball with the glove side foot

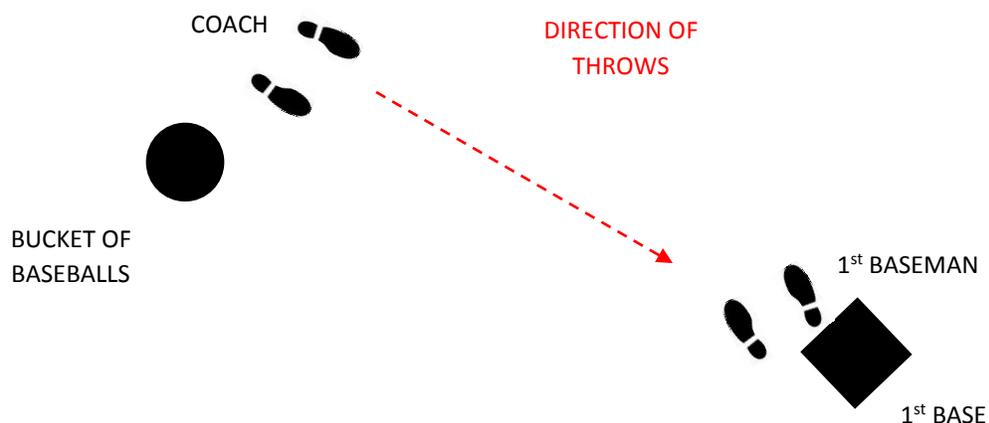
Description of the Drill:

- 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
- 1st baseman should wait until the ball is thrown to stride towards the ball with the glove foot and catch 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 balls 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 the ball to the right and left of the 1st baseman, making them stretch to different types of throws
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Layout of Drill:



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

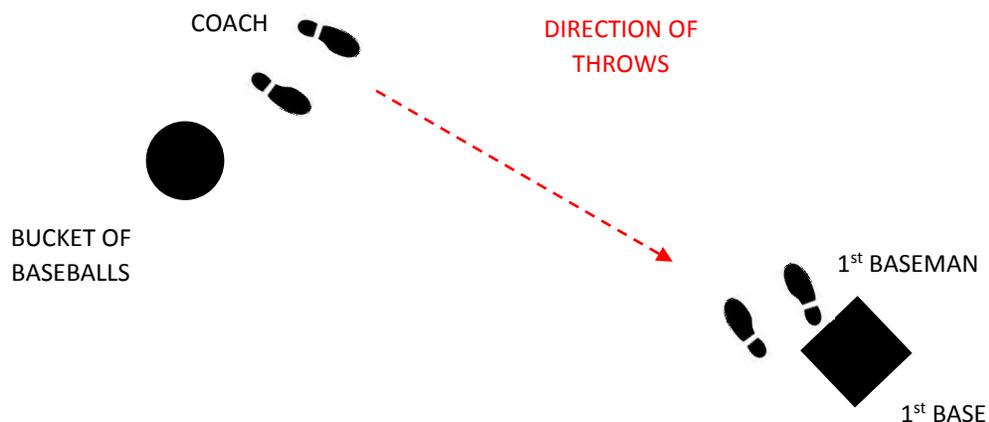
Description of the Drill:

- 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
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Layout of Drill:





2nd Baseman Backhand 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

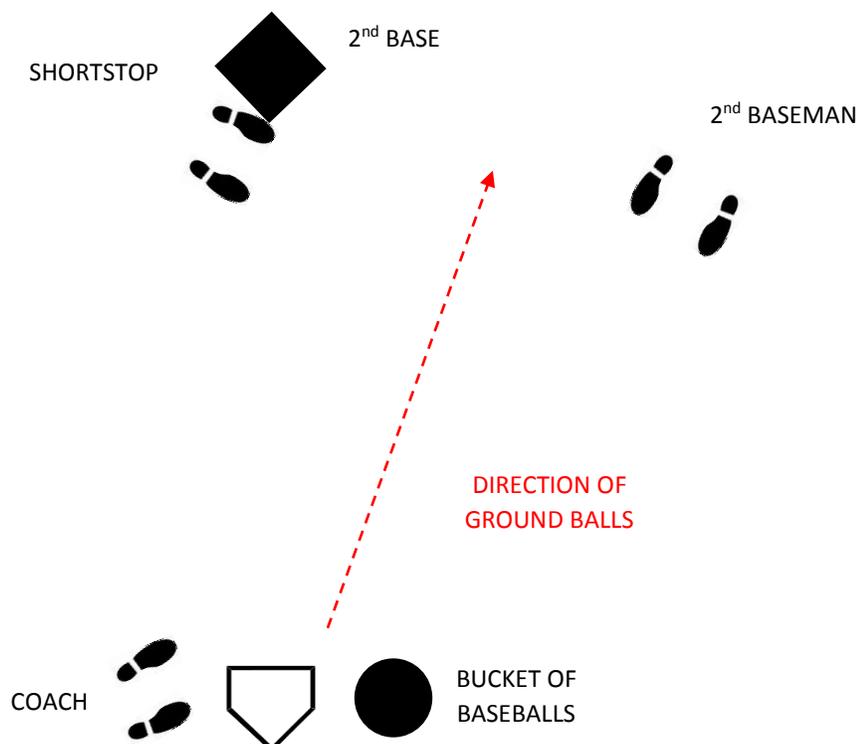
Equipment Required: Gloves, bat, bucket of baseballs, base

Goal: Keep wrist locked, push the ball out of the back of the hand, make a good flip

Description of the Drill:

- Players are in the second baseman and shortstop positions
- Coach is near home plate, hits ground balls slightly to the right of the 2nd baseman
- 2nd baseman fields the ground ball by getting their body behind the ball and then backhand flips the ball to the shortstop covering 2nd base
- 2nd baseman should keep wrist locked and push the ball out of the back of their hand to limit spin and increase control of the flip
- 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:



2nd Baseman Drop Step Throw

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

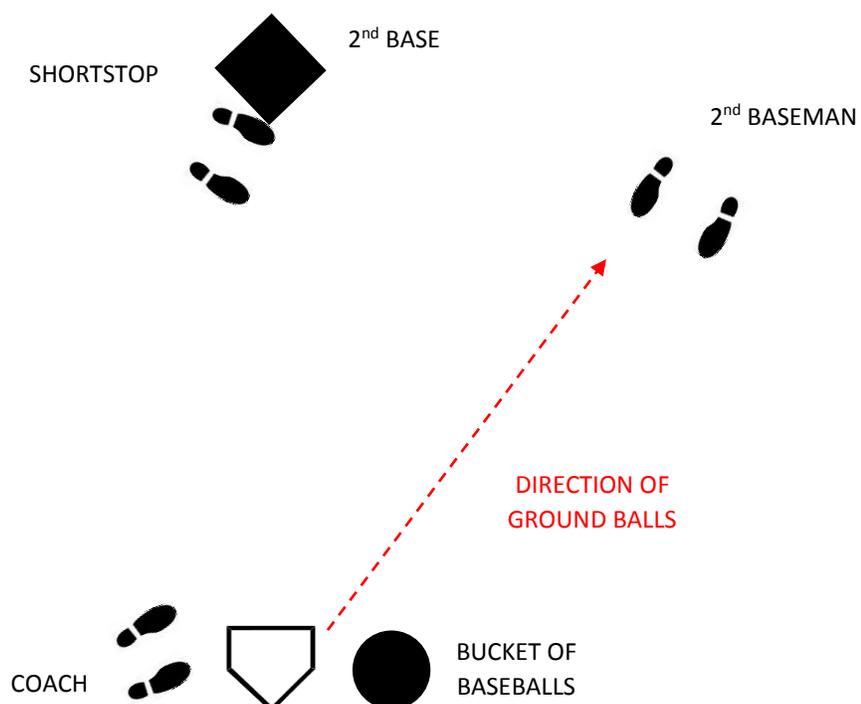
Equipment Required: Gloves, bat, bucket of baseballs, base

Goal: 2nd baseman pivots on glove foot, brings throwing foot back to open up to 2nd base

Description of the Drill:

- Players are in the second baseman and shortstop positions
- Coach is near home plate, hits ground balls the 2nd baseman
- 2nd baseman fields the ground ball by getting their body behind the ball and pivots on their glove foot and brings their throwing foot back to open up to 2nd base, staying low, to throw a short dart throw to the shortstop covering 2nd base
- 2nd baseman should not use full throwing motion when making a dart throw, only a very short throwing motion
- 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 making dart throws to 3rd base

Layout of Drill:



2nd Baseman Forehand Spin

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

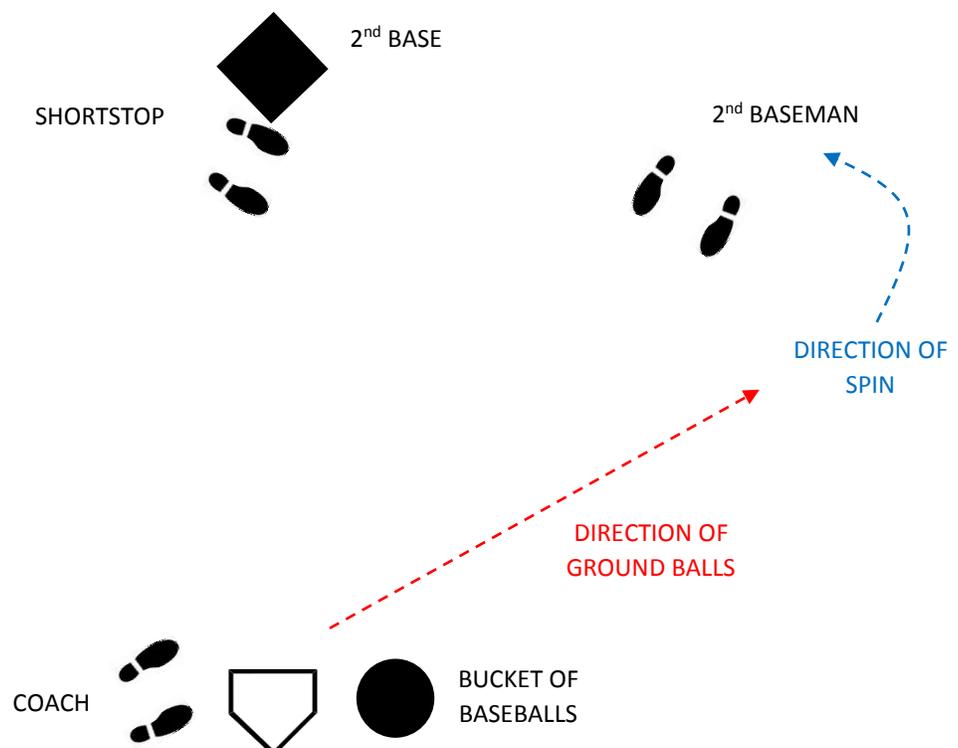
Equipment Required: Gloves, bat, bucket of baseballs, base

Goal: Field ball using a forehand, bring throwing foot through to be in throwing position

Description of the Drill:

- Players are in the second baseman and shortstop positions
- Coach is near home plate, hits ground balls to the left of the second baseman
- 2nd baseman uses a forehand fielding the ball on the move, then stops, and pivots bringing their throwing foot through so that they are in position to throw to 2nd base, with their chest facing the outfield
- Shortstop covers 2nd base for the throw
- 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 making forehand spin throws to 3rd base

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

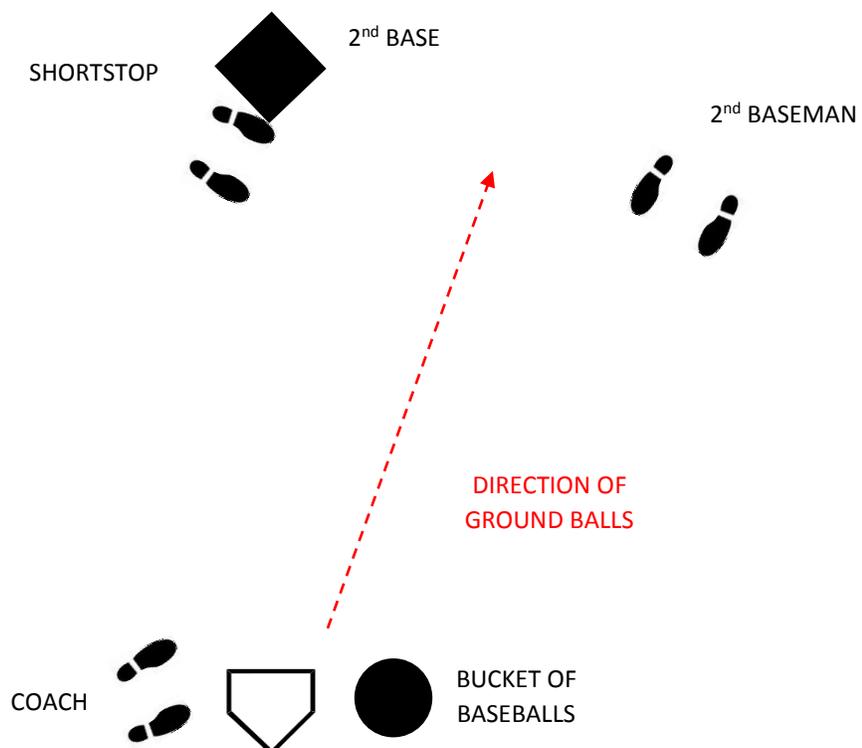
Equipment Required: Gloves, bat, bucket of baseballs, base

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:





3-Man Relay

Skill Set: Infield

Difficulty Level: Medium

Number of Athletes and Coaches: 3 athletes and 1 coach

Average Time to Complete: 10 minutes

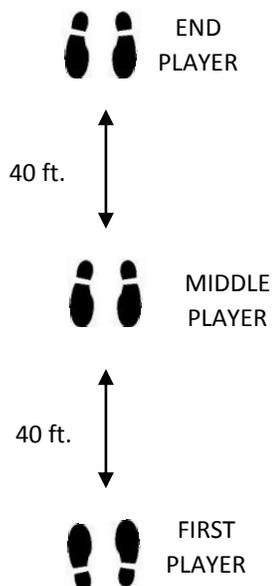
Equipment Required: Gloves, baseballs

Goal: Have quick feet, make good throws, use soft hands to catch, and communicate

Description of the Drill:

- 3 players in a line, 40 feet apart
- First player at one end of the line starts with the ball and throws to the middle partner
- Middle partner catches the ball and quickly turns to throw to the end partner
- End partner catches the ball and quickly throws it back to the middle partner
- Middle partner catches the ball and quickly throws it to the first partner
- The goal is for player to use quick feet and soft hands to catch the ball, and get rid of the ball quickly to the next player in the line
- Players should catch the ball to their glove side to be able to open to throw the ball quickly
- Make sure players call for the ball when receiving “BALL BALL BALL!”
- Players rotate through the line (First→middle→end→first) after they have thrown the ball through the line 3 times
- This drill can be done anywhere there is enough room (field, open field, gym)

Layout of Drill:



4.3 Drill

Skill Set: Infield- Team

Difficulty Level: Hard

Number of Athletes and Coaches: Full infield and 2 coaches

Average Time to Complete: 10-15 minutes

Equipment Required: 1 fungo hitter (coach), bucket of baseballs, gloves, infield with bases, stop watch

Goal: Get ball to first base in under 4.3 seconds from each position, play at game speed

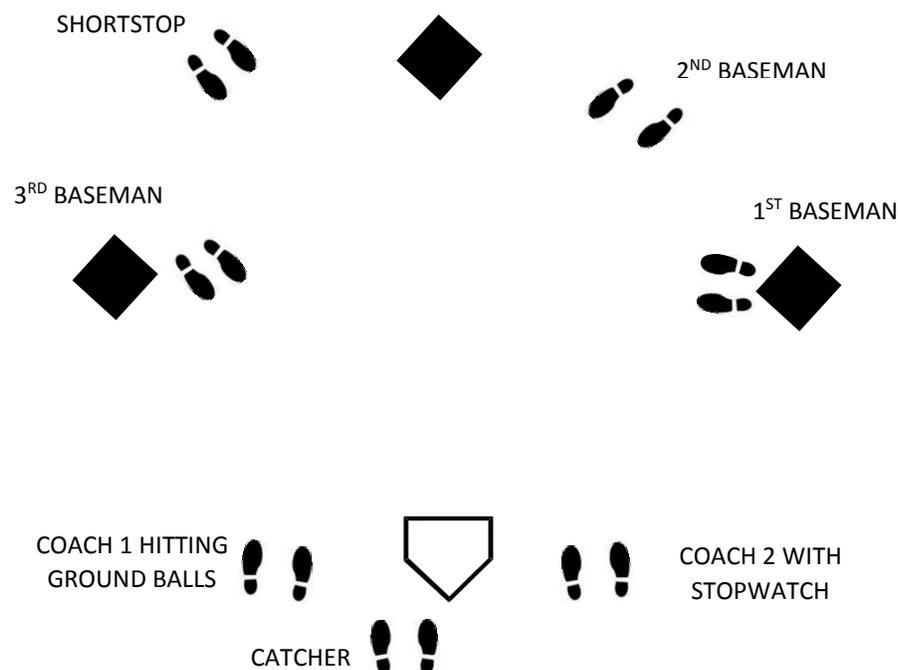
Description of the Drill:

- Infield is at all positions except pitcher, catchers do not need gear, just gloves
- Coach 1 set up beside home plate to hit ground balls
- Coach 1 hits ground balls to each position, one at a time
- Players field the ball and throw it to first base, first baseman tosses the ball back in to the catcher
- Coach 2 starts timer when ball is hit and stops timer when first baseman catches the throw
- The goal is for each position to get the ball to first base in 4.3 seconds or less per position
- Players should focus on fielding the ball cleanly and playing at game speed
- Coach 2 should tell the player their time after every rotation
- Coach 1 rotates hitting to infielders until all fielders have fielded 10 grounders

Add Difficulty:

- To add a degree of difficulty, the infield can turn a double play (time limit 4.6 seconds)

Layout of Drill:



4 Corners

Skill Set: Infield

Difficulty Level: Easy

Number of Athletes and Coaches: All athletes, split into groups of 4, 1 group at each base

Average Time to Complete: 10 minutes

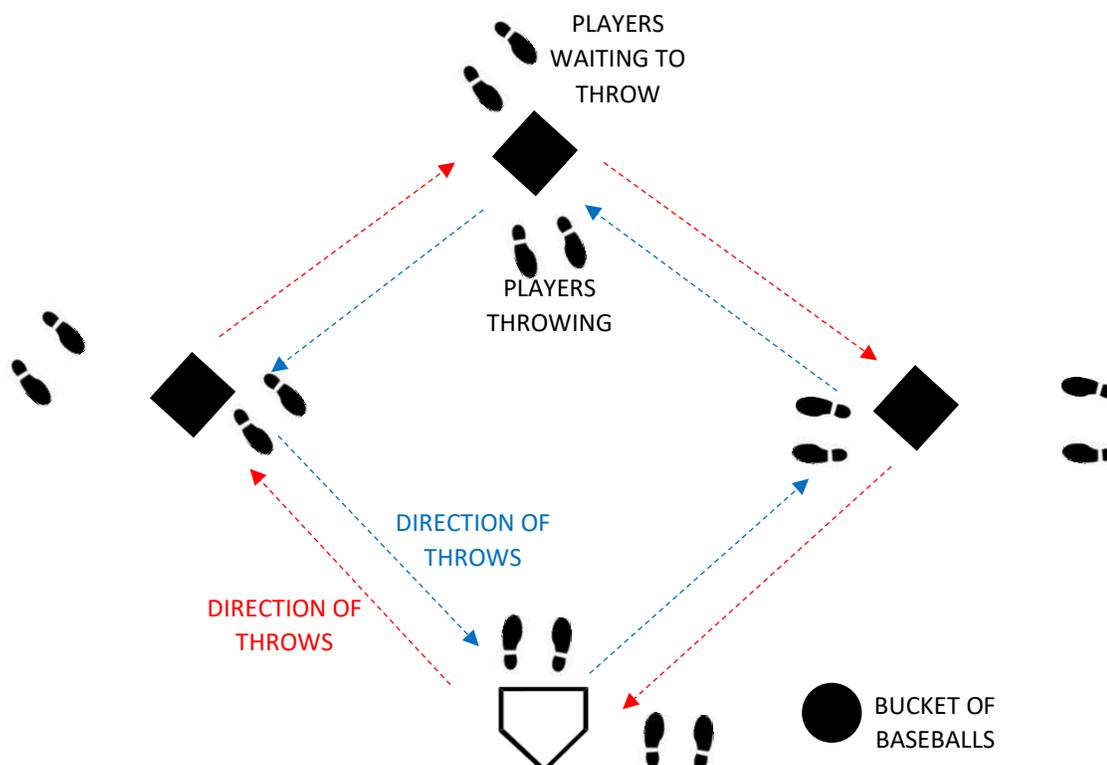
Equipment Required: Gloves, Baseballs

Goal: Focus catching the ball cleanly, turning quickly and making a good throw.

Description of the Drill:

- Separate players into groups of 4 and put each group at a base
- Start with the ball at home plate, and have the player at home plate throw the ball to 3rd base
- 3rd base will throw the ball to 2nd base, 2nd base will throw the ball to 1st base, and 1st base will throw the ball back to home plate
- Once players throw the ball, they follow the ball to the base they threw it to and get in line at that base
- The next player in line steps up to the base and catches the next ball and repeats the process
- Once the ball has been thrown around the bases so that each player has made at least one throw, reverse the direction the ball is being thrown

Layout of Drill:



30 Second Backhand

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: Field backhanded, bend at the knees and hips, and keep eyes on the ball

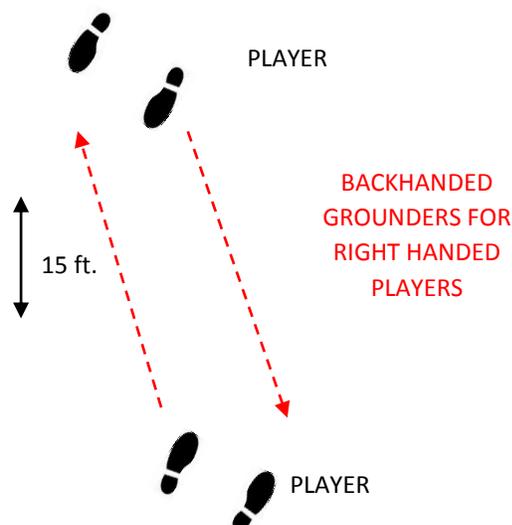
Description of the Drill:

- Partners 15 feet apart facing each other in defense ready position, glove shoulder pointed slightly toward partner
- Throwing partner rolls a grounder to the backhand side of the receiving partner
- Receiving partner keeps their feet planted with toes pointed slightly out
- Receiving partner focuses on fielding the ball backhanded, keeping eyes on the ball, and bending at the knees and hips (keep back mostly flat)
- 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 5 repetitions

Add Difficulty:

- To add a degree of difficulty, players can field without a glove, one handed or two handed
-

Layout of Drill:



30 Second Crow Hops

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: Move through the ball, keep glove out front, and get to throwing position

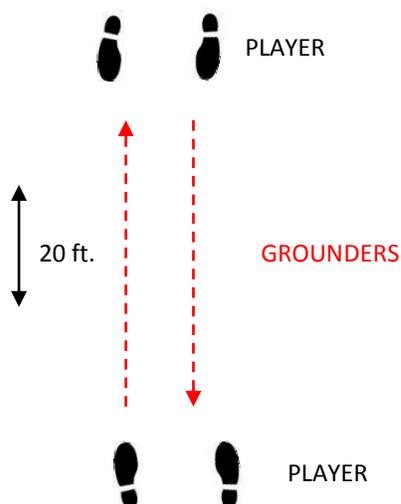
Description of the Drill:

- Partners 20 feet apart facing each other in defense ready position
- Partners throw grounders to each other
- Receiving partner moves toward and through the ball, fielding it
- Receiving partner keeps their glove out front, fields the ball, and then pretends to throw to first
- Receiving partner pauses in throwing position, then resets and rolls a grounder to their partner
- Partners throw grounders back and forth to each other until each partner has had 5 repetitions

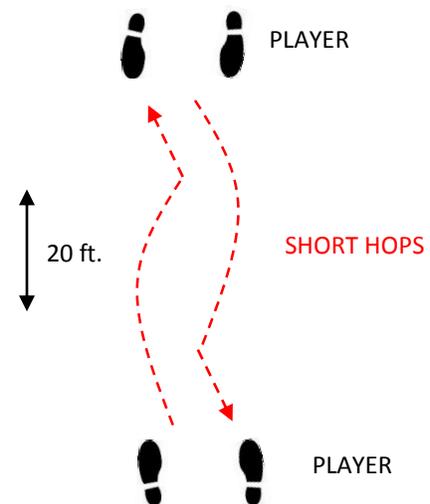
Add Difficulty:

- 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:





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

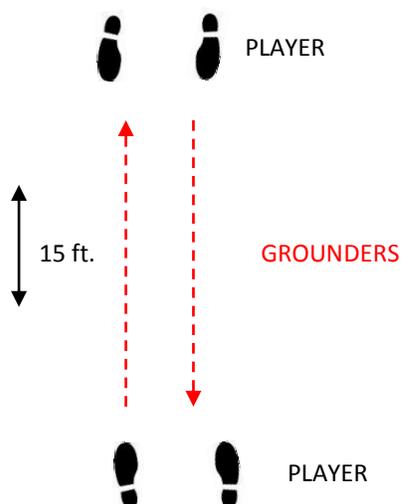
Description of the Drill:

- 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

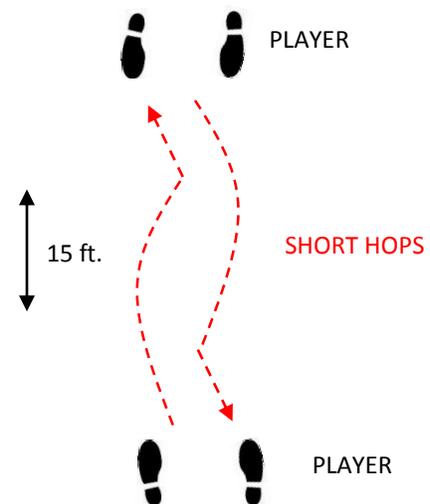
Add Difficulty:

- 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:



30 Second Quick Toss

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: Get the ball back to partner as quickly as possible, hit them in the chest with throw

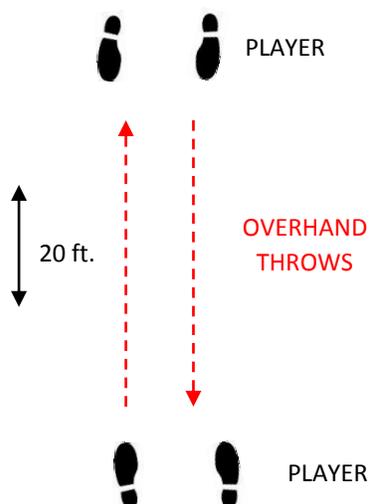
Description of the Drill:

- Partners 15 feet apart facing each other in defense ready position
- Partners keep feet planted shoulder-width apart facing partner
- Partners throw the ball overhanded back and forth building up speed
- Throwing partners should try to hit their receiving partner in the chest with their throw
- Throwing partner tries to get rid of the ball as soon as possible and get it back to their partner
- Partners throw back and forth to each other until each partner has had 10 repetitions

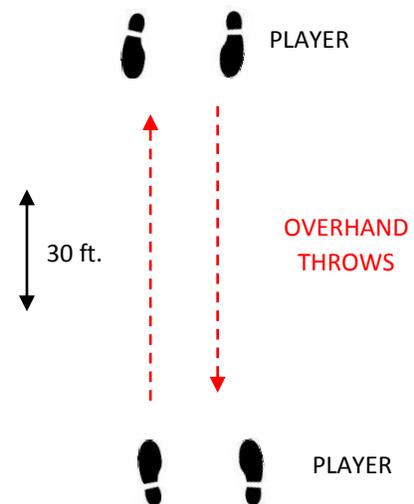
Add Difficulty:

- To add a degree of difficulty, players can move further away from each other to 30 feet apart
- To add a degree of difficulty, coaches can tell players when to speed up by saying "GO!"

Layout of Drill:



Add Difficulty:



30 Second Short Hops

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, eyes on the ball and follow it into the glove

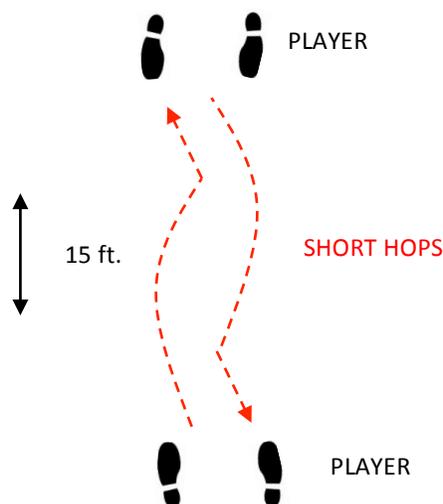
Description of the Drill:

- Partners 15 feet apart facing each other in defense ready position
- Players keep feet planted in the defense ready position
- Partners throw short hops 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, catching it immediately after the bounce
- 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 also field without a glove, one handed or two handed
-

Layout of Drill:





Backhand Cross and Throw

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

Goal: Stay low while crossing feet, keep eyes on the ball, get feet set to throw

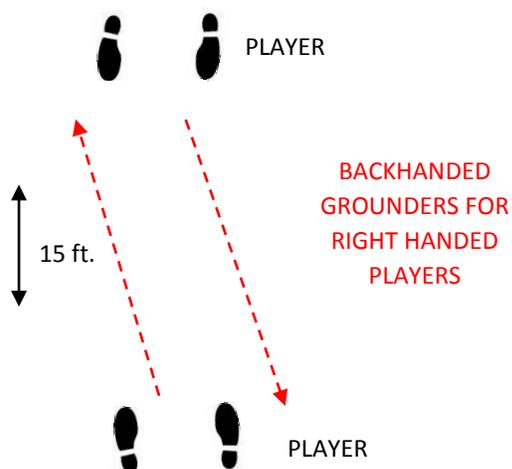
Description of the Drill:

- Partners 15 feet apart facing each other in defense ready position
- Throwing partner rolls a grounder to the backhand side of the receiving partner (towards their throwing hand)
- Receiving partner crosses their glove foot in front of their throwing foot to turn to field backhanded
- Receiving partner stays low while crossing over and keeps their eyes on the ball
- Receiving partner gets into throwing position after the ball is fielded, takes a crow hop towards the direction of first base, then resets and rolls a backhanded grounder to their partner
- Partners throw backhanded grounders back and forth to each other until each partner has had 10 repetitions

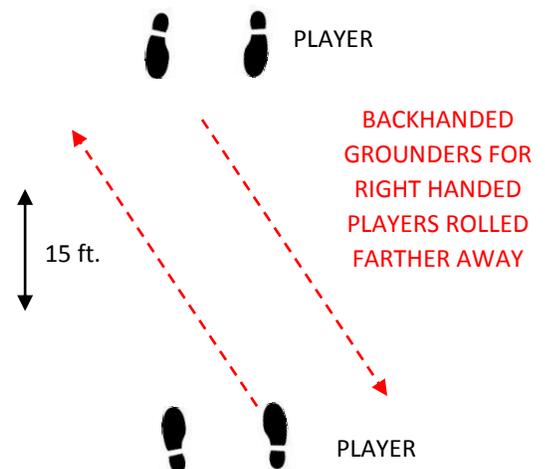
Add Difficulty:

- To add a degree of difficulty, players can throw the grounders further away from their partner
- To add a degree of difficulty, players can 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

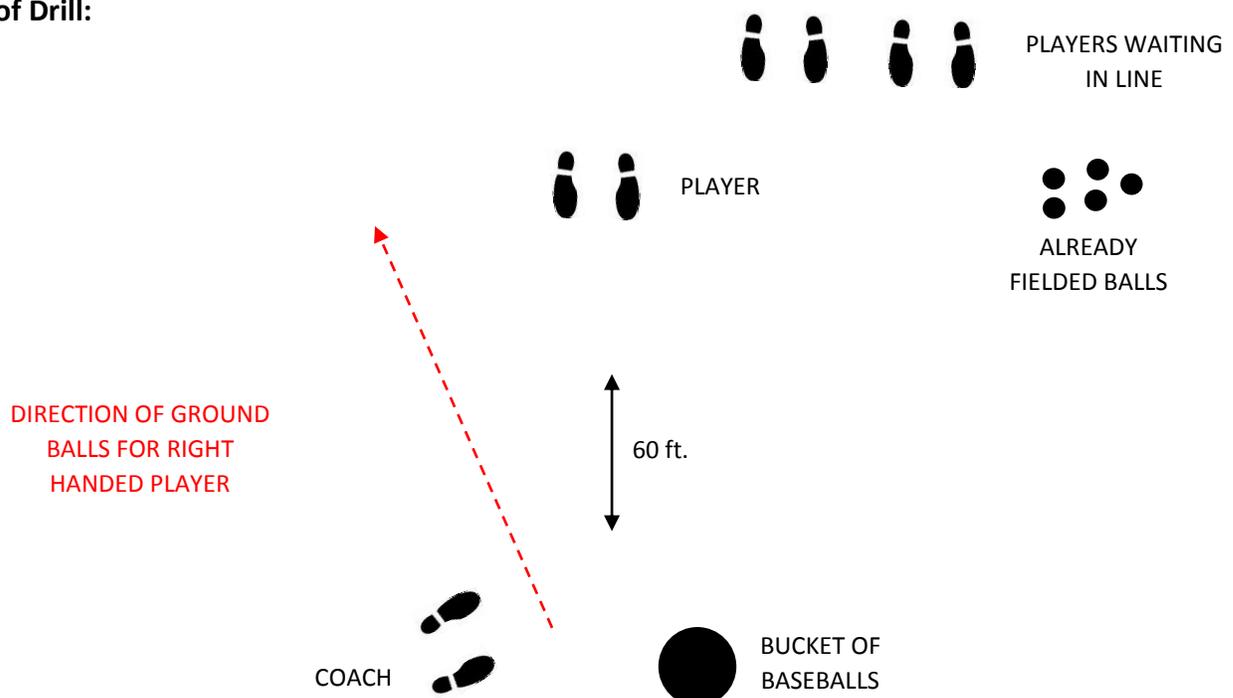
Description of the Drill:

- 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:





Backhand Rake 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 to field the ball backhanded, push through the ball with the glove

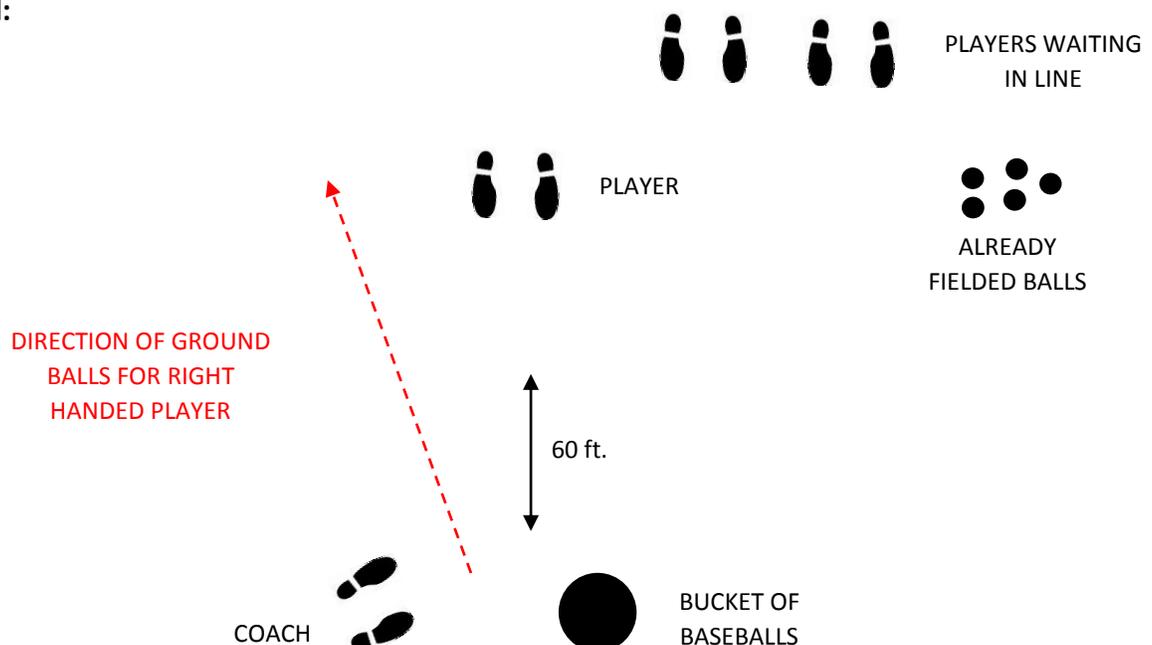
Description of the Drill:

- 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 angles their feet so that their glove shoulder is pointing to the ball to field backhanded
- Player stays low and keeps their eyes on the ball, pushes the glove through the ball to rake it up, then sets feet to throw
- Player then toss 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, coach can hit short hops to players
- To add a degree of difficulty, players can throw the ball to another player covering 1st base

Layout of Drill:



Ball in Hand

Skill Set: Infield

Difficulty Level: Medium

Number of Athletes and Coaches: 1-5 athletes and 1 coach, or 5 athletes as a group, or full infield

Average Time to Complete: 10 minutes

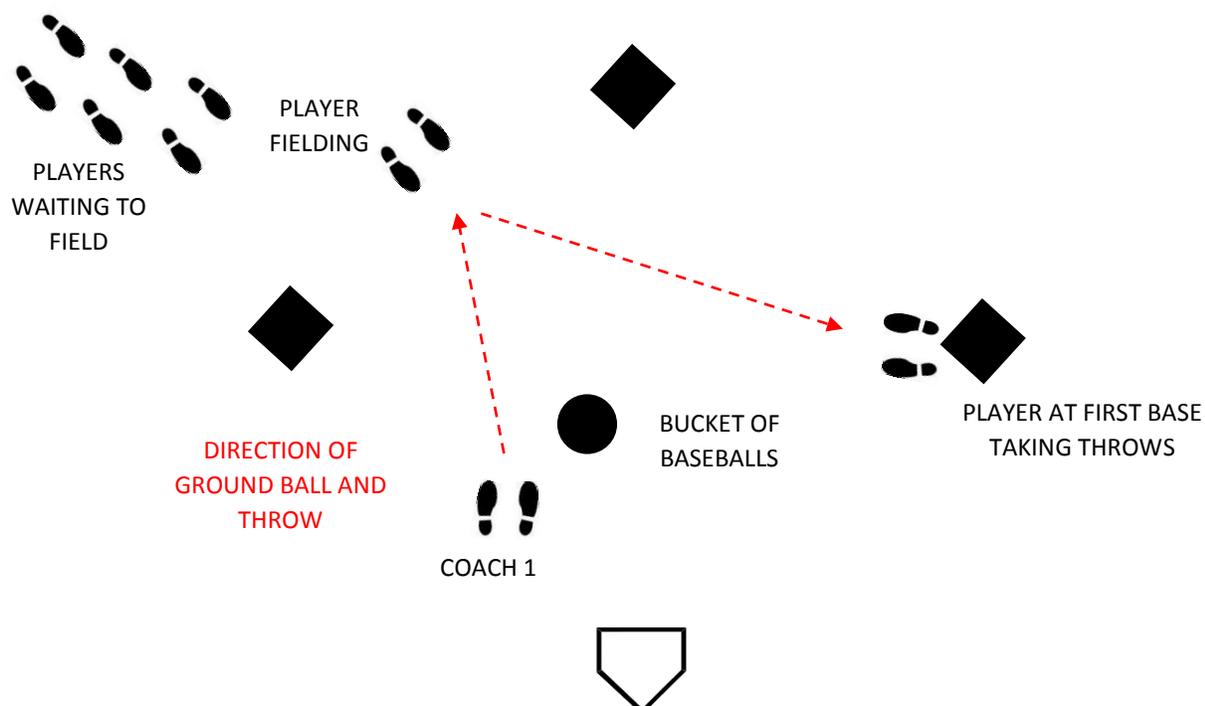
Equipment Required: Gloves, fungo bat, bucket of baseballs

Goal: Focus on keeping hands separate and fielding the ball cleanly with just the glove

Description of the Drill:

- Players in a line at the short stop position, each with a ball in their throwing hand
- Coach/player hitting fungo ground balls at least halfway from home plate
- Players field the ball with their glove, keeping the other ball in their throwing hand away from their glove
- Players throw the ball in their throwing hand to the player at first base and then rotate to the back of the line, keeping the ball they fielded
- Players rotate through the line until each player has fielded 10 ground balls

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

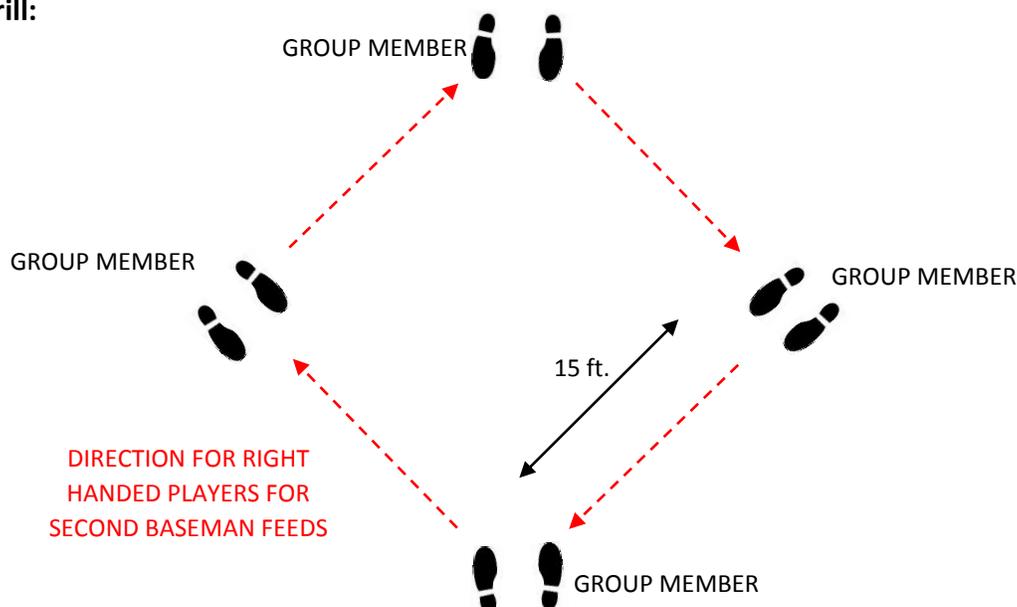
Equipment Required: Gloves and ball

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

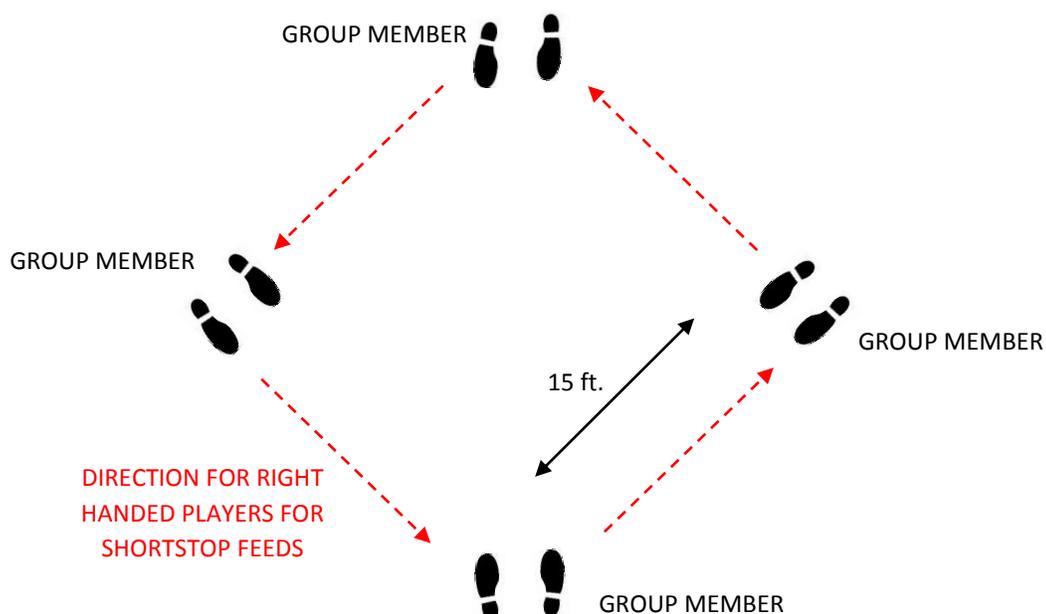
Equipment Required: Gloves and ball

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:



Cut Offs for Infield

Skill Set: Infield

Difficulty Level: Easy

Number of Athletes and Coaches: All outfielders and middle infielders, 1 coach

Average Time to Complete: 15 minutes

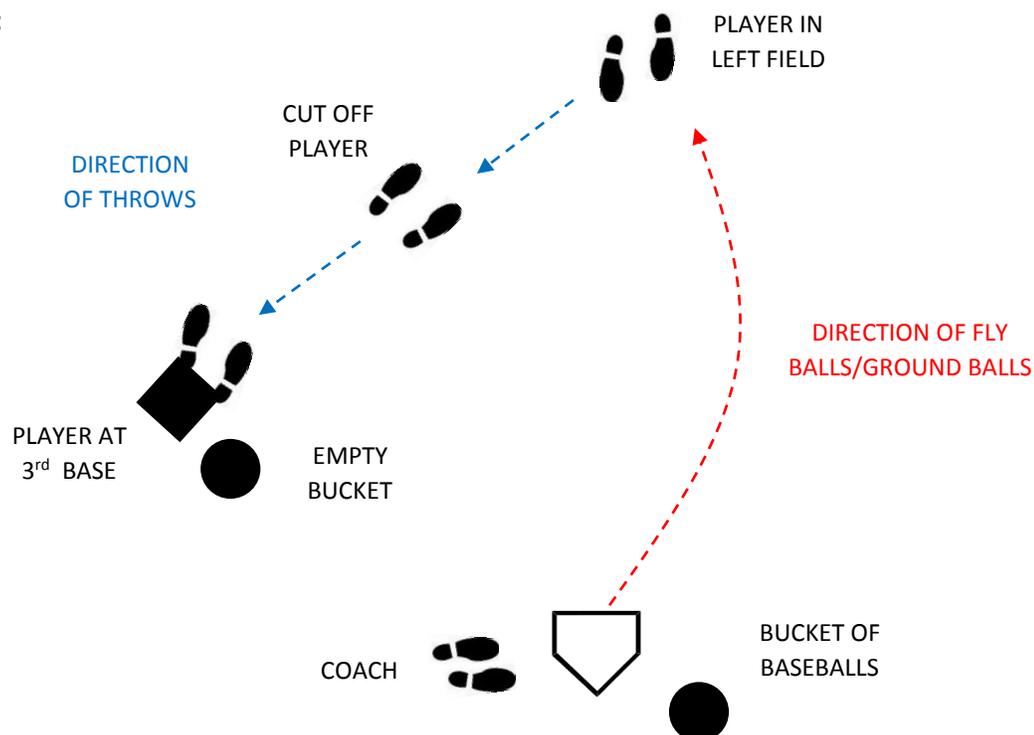
Equipment Required: Gloves, baseballs

Goal: Cut the distance between the outfielder & 3rd base in half, hands up calling for ball

Description of the Drill:

- All outfielders start in a line in center field, all middle infielders in a line behind 3rd base
- Coach stands at home plate and hits a fly ball or ground ball to first outfielder
- Outfielder fields ball, throws to the shortstop who is halfway between the outfielder and 3rd base
- Shortstop catches the throw and throws the ball to the 3rd baseman, who is covering 3rd base
- Shortstop should focus on cutting the distance between the outfielder and 3rd base in half, lining up between the outfielder and 3rd base, and being squared to the outfielder with hands up calling for the ball
- 3rd baseman places the ball in an empty bucket behind them
- Outfielder rotates to back of the line, infielders rotate being cut offs and 3rd baseman
- Outfielders rotates through the line in left field so they each receive 3 repetitions, then the whole line goes to centerfield and repeats the drill

Layout of Drill:





Defense Prep

Skill Set: Defense

Difficulty Level: Easy

Number of Athletes and Coaches: Athletes broken into 2 groups; position players and pitchers

Average Time to Complete: 20 minutes

Equipment Required: Gloves and baseballs

Goal: Focus on warming up the arm, throwing mechanics and fundamentals of fielding.

Position Players Prep

Position players should perform the following drills simultaneous to the pitchers performing their drills so that both groups finish the defense prep at the same time.

1. Daily Throwing – 10 minutes

- 1 partner on left/right field foul line, 1 partner 30 feet away in left/right field, increasing distance as follows:
 - 30 FEET: T-position: Turned with front (glove) shoulder facing partner. Rotate and throw, finishing over front side.
 - 45 FEET: Rock & Fire: Turned with front (glove) shoulder facing partner. "Rock" weight onto back leg, and "fire" weight into the throw onto front leg.
 - 60 FEET: Step & Throw: Start facing partner. Step into turn to get front (glove) shoulder to point to target, and throw.
 - 90 FEET: Shuffle & Throw: Turned with front (glove) shoulder facing partner. Replace feet (or shuffle, or crow-hop) into throw.
 - 120 FEET+: Long Toss: Face partner, move feet, replace feet into throw. Stay on top, keep the ball on a line when throwing it, allowing it to bounce to the partner instead of overthrowing trying to get it there in the air.

2. Infield/Outfield Hands Routine – 10 minutes

- Partners set up 10-20 feet apart and softly roll the ball underhand to each other as they work through the following progression, starting on their knees:
- **Knees:** Draw a triangle in the dirt; the infielder's knees are at its base and focus is on fielding the ball at the triangle's point. Glove should be angled fingers down, with the palm facing the direction where the ball is coming from. The hands "give" with the ball and are funneled in towards the belly-button/chest.
- **Wide Base:** Repeat the sequence, this time with the infielders on their feet, which are planted in an athletic position. The knees will move over the feet, as the rear gets closer to the ground in a ready position.
- **Footwork:** Repeat the Wide Base drill and add footwork. The right foot gets the infielder low to the ball, and the left foot steps through the ball. From there, the feet are replaced, right-left setting up to throw, with the front shoulder closed and pointing directly at the target. Right-left-field... right-left-throw.
- Fielders should field 10 grounders before progressing to the next step.

Pitchers Prep

Pitchers should perform the following drills simultaneous to the position players performing their drills so that both groups finish the defense prep at the same time.

1. Daily Band Work – 5 minutes

- Player ties exercise band around a pole at hip height and goes through the following exercises with the end of the band in their throwing hand (10 repetitions of each):
 - Internal Rotation (Throwing shoulder pointed at pole, player facing forward)
 - Throwing elbow starts on hip, arm at right angle parallel to ground, glove hand under throwing armpit
 - Maintain level shoulders and rotate arm towards glove hip, stretching band
 - External Rotation (Glove shoulder pointed at pole, player facing forward)
 - Throwing elbow starts on hip, arm is across stomach towards the pole, glove hand outside of the back of the throwing elbow
 - Maintain level shoulders and rotate arm towards throwing hip, stretching band
- Player ties exercise band around a pole at shoulder height and goes through the following exercises with the end of the band in their throwing hand (10 repetitions of each):
 - Elevated Internal Rotation (Throwing shoulder pointed at pole, player facing forward)
 - Throwing elbow starts parallel to ground at shoulder level, hand up, glove hand under throwing elbow to stabilize
 - Maintain level shoulders and rotate arm towards glove elbow, stretching band
 - Elevated External Rotation (Glove shoulder pointed at pole, player facing forward)
 - Throwing elbow starts parallel to ground at shoulder level, hand over glove elbow, glove hand under throwing elbow to stabilize
 - Maintain level shoulders and rotate arm up to a 90 degree angle, stretching band
- Player ties exercise band around a pole at waist height and goes through the following exercises with the end of the band in their throwing hand (10 repetitions of each):
 - Reverse Throwing Motion (Glove shoulder pointed at pole, player facing pole with glove foot out in front)
 - Throwing hand starts in the follow through position of a pitch
 - Player goes through a reverse pitch, makes a complete arm circle
 - Forward Throwing Motion (Glove shoulder pointed at pole, player facing forward)
 - Player goes through normal pitching mechanics, extending out in front and making a complete arm circle with loose and relaxed arm action

2. Daily Throwing Program – 10 minutes

- 1 partner on left/right field foul line, 1 partner 30 feet away in left/right field, increasing distance as follows:
 - **30 FEET:** T-position: Turned with front (glove) shoulder facing partner. Rotate and throw, finishing over front side.

- **45 FEET:** Rock & Fire: Turned with front (glove) shoulder facing partner. "Rock" weight onto back leg, and "fire" weight into the throw onto front leg.
- **60 FEET:** Step & Throw: Start facing partner. Step into turn to get front (glove) shoulder to point to target, and throw.
- **90 FEET:** Shuffle & Throw: Turned with front (glove) shoulder facing partner. Replace feet (or shuffle, or crow-hop) into throw.
- **120 FEET+:** Long Toss: Face partner, move feet, replace feet into throw. Stay on top, keep the ball on a line when throwing it, allowing it to bounce to the partner instead of overthrowing trying to get it there in the air.

3. Daily Flat Ground Work – 10 minutes

- Players in partners spread out along the right or left field foul line, 45 to 55 feet from partners
- Partners go through the following flat ground work together:
 - Strikes
 - Players should throw strikes to each other
 - Each partner should throw 10 strikes, and then switch
- The focus should be on the feel of pitches, the command of the fastball side to side, and the location of pitches



Defensive Stations – Infield, Outfield, Pitchers, Catchers

Skill Set: Defense

Difficulty Level: Easy

Number of Athletes and Coaches: Athletes broken into positional groups, 5 group per station group

Average Time to Complete: 30 minutes, each station takes 6 minutes, then groups rotate stations

Equipment Required: Gloves and Baseballs, fungo bats for coaches

Goal: Focus on the fundamentals of fielding and communication through the stations.

Infield Stations – 30 Minutes

The following stations should be set up on the infield or in an open area with a coach.

1. Shuffle Gather Throw Fungo

- Players are at least 60 feet away from the coach in a line (or in the infield positions), one player at 1st base
- Coach is near home plate, hits groundballs to players
- Players field ground ball, staying low, and come up to shuffle feet once, gather the ball in the throwing hand, to throw to 1st base
- Players should stay under control when shuffling and get themselves in a better position to throw
- Players field and throw the ball, then rotate to the back of the line
- Coach hits groundballs so that each player receives 10 repetitions

2. Fungo Charge

- Players in a line at the short stop position
- Coach/player hitting fungo slow rolling ground balls at least halfway from home plate
- Players charge the ball, running through the ball, and field on the run
- Players throw the ball in stride to the 1st baseman, moving through the ball after they field it
- Players can also set their feet to throw the ball to the 1st baseman
- Players throw the ball to the player at first base and then rotate to the back of the line
- Players rotate through the line until each player has fielded 10 ground balls

3. 4.3 Drill

- Infield is at all positions except pitcher, catchers do not need gear, just gloves
- Coach 1 set up beside home plate to hit ground balls
- Coach 1 hits ground balls to each position, one at a time
- Players field the ball and throw it to first base; first baseman tosses the ball back in to the catcher
- Coach 2 starts timer when ball is hit and stops timer when first baseman catches the throw
- The goal is for each position to get the ball to first base in 4.3 seconds or less per position
- Players should focus on fielding the ball cleanly and playing at game speed
- Coach 2 should tell the player their time after every rotation

- Coach 1 rotates hitting to infielders until all fielders have fielded 10 grounders

4. Cut Offs for Infield

- All outfielders start in a line in center field, all middle infielders in a line behind 3rd base
- Coach stands at home plate and hits a fly ball or ground ball to first outfielder
- Outfielder fields ball, throws to the shortstop who is halfway between the outfielder and 3rd base
- Shortstop catches the throw and throws the ball to the 3rd baseman, who is covering 3rd base
- Shortstop should focus on cutting the distance between the outfielder and 3rd base in half, lining up between the outfielder and 3rd base, and being squared to the outfielder with hands up calling for the ball
- 3rd baseman places the ball in an empty bucket behind them
- Outfielder rotates to back of the line, infielders rotate being cut offs and 3rd baseman
- Outfielders rotates through the line in left field so they each receive 3 repetitions, then the whole line goes to centerfield and repeats the drill

5. Water Break

- Players should stay hydrated and recharge during this 5-minute break.

Outfield Stations – 30 Minutes

The following stations should be set up on the outfield or in an open area with a coach.

6. Grounders, Fly Balls, Short Hops

- 1 partner on left/right field foul line, 1 partner 15 feet away in left/right field
- Throwing partner rolls ball on the ground towards receiving partner at a slow to medium speed
- Receiving partner in ready position with glove foot slightly in front of throwing foot
- Receiving partner fields the grounder to the outside of their glove foot that is slightly forward
- Receiving partner should keep their head down, eyes on the ball and push through with glove
- Partners roll grounders back and forth to each other until each player has received 10 grounders
- Repeat for fly balls and short hops

7. Read and React

- 2 partners stand 10-15 feet apart in the outfield.
- Both partners start with a ball, and one partner softly tosses the ball to the center of the other partner's chest
- The receiving partner catches the ball with either hand, and whichever hand is used is the side that the throwing partner will open up to for a drop step.
- The throwing partner takes a drop step and the receiving partner then throws a short distance pop-up that the throwing partner catches in the direction of their drop step.
- The throwing partner should focus on making a quick drop step to the side the receiving partner caught the ball, and cleanly fielding the pop up.

8. Rainbow Route

- Cones are set up in two rows of 3, each 20 feet apart
- Players start in a line behind the coach with one player at the middle cone in front of the coach
- Coach points to a cone, player drop steps (steps back with one leg) to run to that cone keeping their eyes on the coach

- While the player is running towards the cone, the coach throws a fly ball or line drive to that cone for the player to catch when they get there
- Player catches the ball and runs it back in to place it in the bucket, then gets in the back of the line
- Next player gets ready at the middle cone in front of the coach and the drill repeats
- Players should rotate through the line so that they each get 10 repetitions

9. Outfield Communication

- 1 player in each outfield positions, other outfielders in lines behind them
- Coach at home plate hits pop flies, ground balls, and line drives between left and center field, and right and center field (alternate every other hit)
- The players that the ball is hit between must communicate with each other to call for the ball ("BALL BALL BALL!")
- The player that calls for the ball should field it and throw it back in to the coach, while the other player should back them up, making sure the ball gets stopped quickly if it gets past the first outfielder
- Players rotate lines each time they go through the drill, so that each player can play each position
- Players should rotate through the lines so that they each get 10 repetitions

10. Water Break

- Players should stay hydrated and recharge during this 5-minute break between stations.

Pitcher/Catcher Stations – 30 Minutes

The following stations should be set up on the infield or in an open area with a coach.

11. PFP – Comebackers

- All pitchers in a line to the 3rd base side of the mound, with one pitcher on the mound (each pitcher has a baseball)
- At least 1 player at the shortstop position, covering 2nd base
- All 1st basemen in a line behind 1st base, with one 1st baseman on 1st base
- To start the drill, the pitcher on the mound pitches to the catcher
- Once the catcher catches the pitch, the coach will hit a ground ball (from a ball out of the bucket) to the pitcher
- Pitcher fields ground ball and makes a good throw to the shortstop at 2nd base, who then throws the ball to the 1st baseman (turn a double play)
- 1st baseman tosses the ball back to the pitcher, the pitcher then gets in the back of the line
- Players rotate through the line until each pitcher has fielded 10 ground balls

12. PFP – Bunts on 3rd Base Side

- All pitchers in a line to the behind the mound, with one pitcher on the mound (each pitcher has a baseball)
- All 1st basemen in a line behind 1st base, with one 1st baseman on 1st base
- To start the drill, the pitcher on the mound pitches to the catcher
- Once the catcher catches the pitch, the coach will roll out a bunt to the 3rd base side of the pitcher
- Pitcher fields bunt and makes a good throw to the 1st baseman
- 1st baseman tosses the ball back to the pitcher, the pitcher then gets in the back of the line

- Players rotate through the line until each pitcher has fielded 10 ground balls

13. PFP – Bunts on 1st Base Side

- All pitchers in a line to the 3rd base side of the mound, with one pitcher on the mound (each pitcher has a baseball)
- All 1st basemen in a line behind 1st base, with one 1st baseman on 1st base
- To start the drill, the pitcher on the mound pitches to the catcher
- Once the catcher catches the pitch, the coach will roll out a bunt to the 1st base side of the pitcher
- Pitcher fields bunt and makes a good throw to the 1st baseman
- 1st baseman tosses the ball back to the pitcher, the pitcher then gets in the back of the line
- Players rotate through the line until each pitcher has fielded 10 ground balls

14. PFP – Cover 1st Base

- All pitchers in a line to the 3rd base side of the mound, with one pitcher on the mound (each pitcher has a baseball)
- All 1st basemen in a line behind 1st base, with one 1st baseman in position
- To start the drill, the pitcher on the mound pitches to the catcher
- Once the catcher catches the pitch, the coach will hit a ground ball to the right side of the 1st baseman, catcher then yells “GET OVER!”
- 1st baseman fields the ground ball, while pitcher runs to cover 1st base
- 1st baseman flips the ball underhanded to the pitcher covering 1st base
- Pitcher makes sure to keep their foot on the bag, then gets in the back of the line of pitchers
- Players rotate through the line until each pitcher has fielded 10 ground balls

15. Water Break

- Players should stay hydrated and recharge during this 5-minute break between stations.



Double Play Drill

Skill Set: Infield- Team

Difficulty Level: Medium

Number of Athletes and Coaches: Full infield with 2 players at each position (pitchers optional) and 2 coaches, runners for bases and hitting

Average Time to Complete: 15 minutes

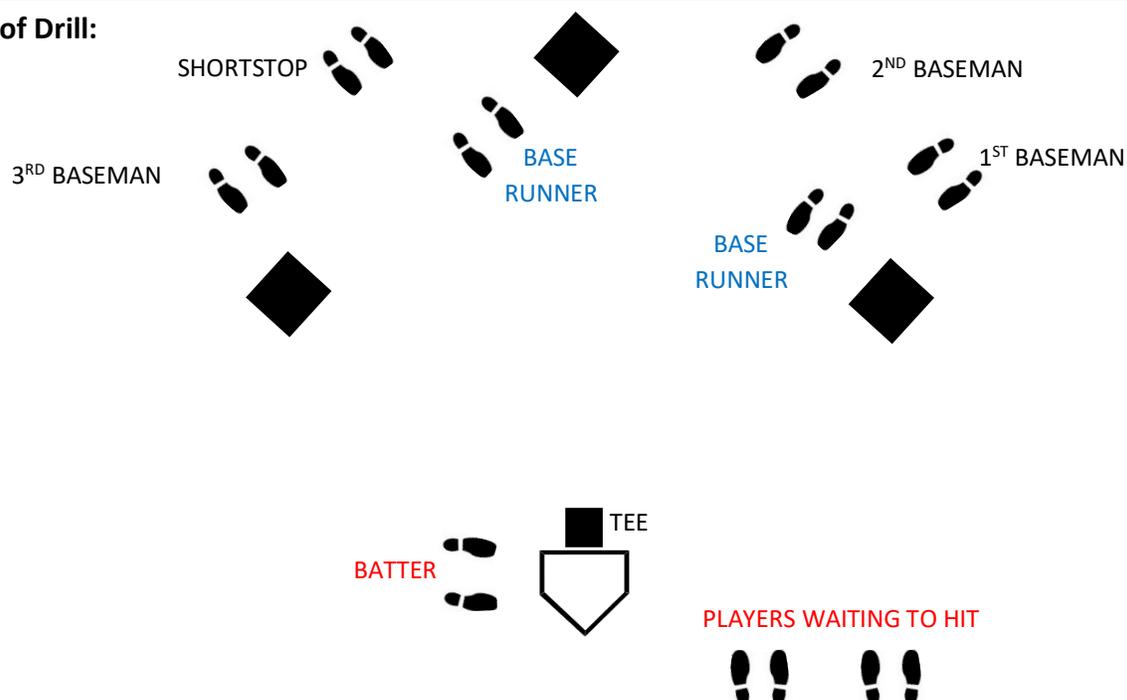
Equipment Required: Bucket of balls, tee, bats, helmets, gloves

Goal: Communicate in the infield to turn double plays at game-speed with baserunners

Description of the Drill:

- All infielders set up in infield positions (pitchers are optional for PFP)
- Runners on first base or first and second base as determined by the coach
- Place a tee at home plate and have all other players prepare to hit
- Have the batters hit a ground ball off the tee anywhere to the infield
- Infield starts at double play depth and turns double plays with live runners
- Hitters and base runners run game speed to give defense realistic reads
- Hitter becomes runner at first, runner and first rotates to second, and runner at second rotates home after each hit
- Infielders should focus on communication for the double play, knowing who has which base
- Rotate infielders or have infield two deep to keep the drill moving

Layout of Drill:





Double Play Footwork- 2B Drop Step

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, bucket of baseballs, base

Goal: Catch ball when left foot hits bag, hop back onto right foot, push back from bag

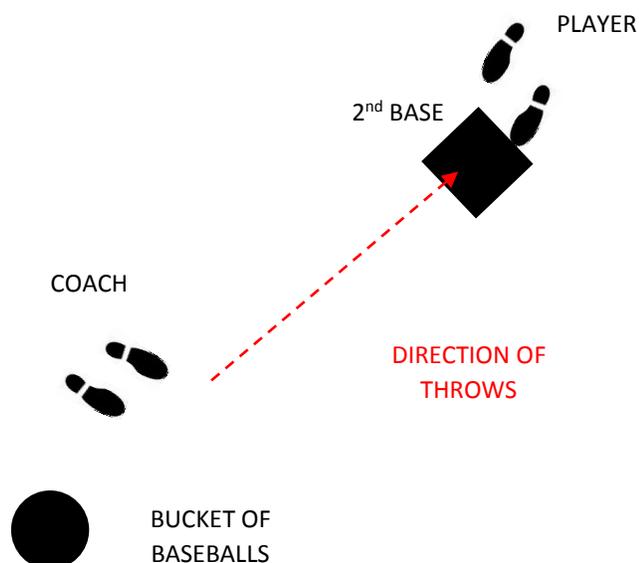
Description of the Drill:

- Players are in the second baseman position, one player at 1st base, coach is halfway between 2nd and 3rd base with a bucket of baseballs
- Player moves toward 2nd base with glove and hand up to receive throw from coach
- Coach throws the ball to 2nd base when player is getting close to the bag
- Player receives the ball as they touch the middle of the backside (right field side) of the bag with their left foot
- Player then hops back on their right foot, pushing back from the bag, and fakes a throw to 1st base
- Coach throws double play balls until each player has received 10 repetitions

Add Difficulty:

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

Layout of Drill:





Double Play Footwork- 2B Rocker Step

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, bucket of baseballs, base

Goal: Catch the ball when left foot hits the bag, push off onto right foot and throw

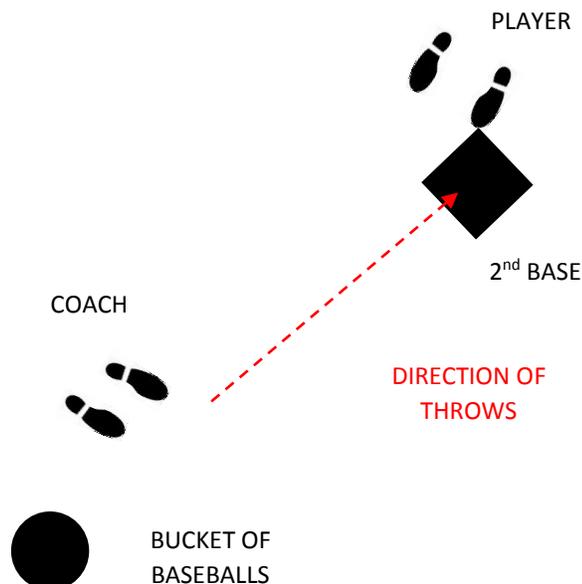
Description of the Drill:

- Players are in the second baseman position, one player at 1st base, coach is halfway between 2nd and 3rd base with a bucket of baseballs
- Player moves toward 2nd base with glove and hand up to receive throw from coach
- Coach throws the ball to 2nd base when player is getting close to the bag
- Player receives the ball as they touch the back corner (centerfield side) of the bag with their left foot
- Player then plants on the leftfield side of the bag on their right foot, and fakes a throw to 1st base
- Coach throws double play balls until each player has received 10 repetitions

Add Difficulty:

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

Layout of Drill:



Double Play Footwork- 2B Step Across

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, bucket of baseballs, base

Goal: Catch ball when left foot hits bag, right foot extended, bring left foot even to throw

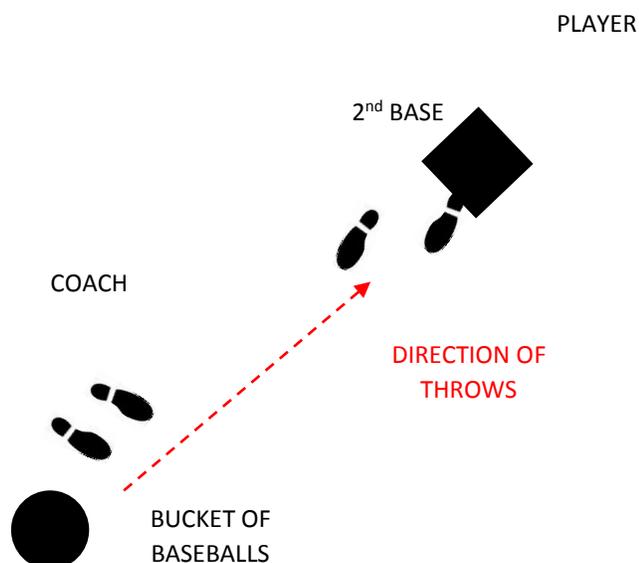
Description of the Drill:

- Players are in the second baseman position, one player at 1st base, coach is halfway between 2nd and 3rd base with a bucket of baseballs
- Player moves toward 2nd base with glove and hand up to receive throw from coach
- Coach throws the ball to 2nd base when player is getting close to the bag
- Player receives the ball as they cross over the middle of the bag, hitting the 3rd base side of the bag with their left foot, right foot stretched towards the coach for the throw
- Player then puts weight on their right foot to bring the left foot even with their right, and fakes a throw to 1st base
- Coach throws double play balls until each player has received 10 repetitions

Add Difficulty:

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

Layout of Drill:





Double Play Footwork- SS Back Cross

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, bucket of baseballs, base

Goal: Catch the ball when right foot hits the bag, bring left foot through and plant on it

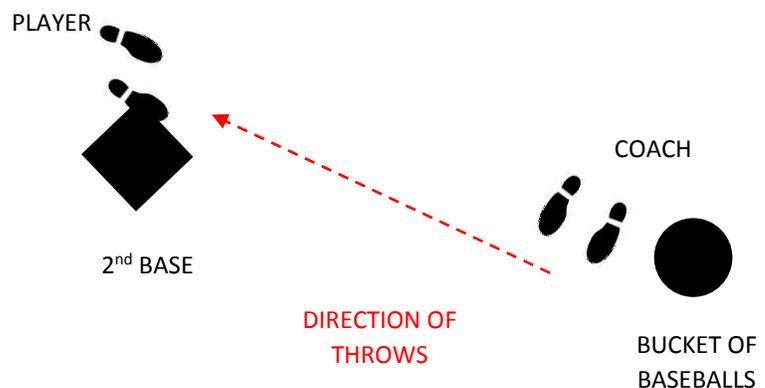
Description of the Drill:

- Players are in the shortstop position, coach is halfway between 1st and 2nd base behind the baseline with a bucket of baseballs
- Player moves toward 2nd base at an angle so they are facing the coach (drop step to get in line with 1st base when coming across the bag) with glove and hand up to receive throw from coach
- Coach throws the ball to 2nd base when player is getting close to the bag
- Player receives the ball as they touch the back corner (centerfield side) of the bag with their right foot
- Player then plants on plant foot, and fakes a throw to 1st base
- Coach throws double play balls until each player has received 10 repetitions

Add Difficulty:

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

Layout of Drill:





Double Play Footwork- SS Front Cross

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, bucket of baseballs, base

Goal: Catch the ball when left foot hits the bag, bring right foot through and shuffle once

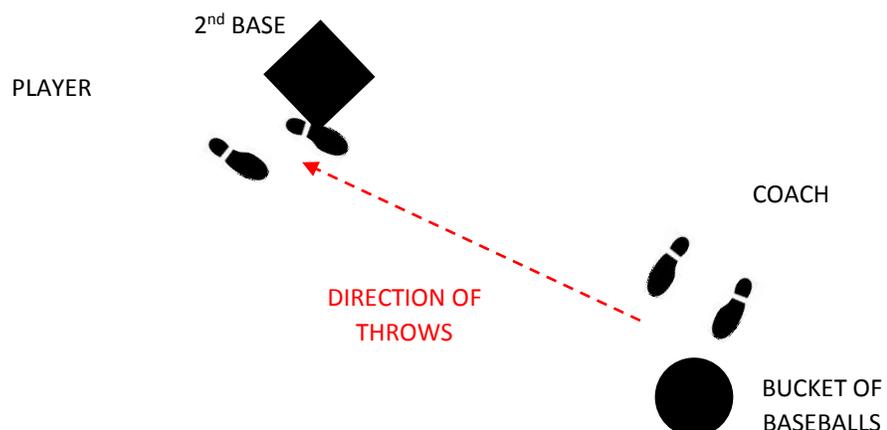
Description of the Drill:

- Players are in the shortstop position, coach is halfway between 1st and 2nd base in the baseline with a bucket of baseballs
- Player moves toward 2nd base at an angle so they are facing the coach (drop step to get in line with 1st base when coming across the bag) with glove and hand up to receive throw from coach
- Coach throws the ball to 2nd base when player is getting close to the bag
- Player receives the ball as they touch the front corner (pitcher's mound side) of the bag with their left foot
- Player then brings right foot through, shuffles feet once, and fakes a throw to 1st base
- Coach throws double play balls until each player has received 10 repetitions

Add Difficulty:

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

Layout of Drill:





Double Play Footwork- SS Pop Feet

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, bucket of baseballs, base

Goal: Catch the ball with left foot set up on the bag, shuffle once (pop feet)

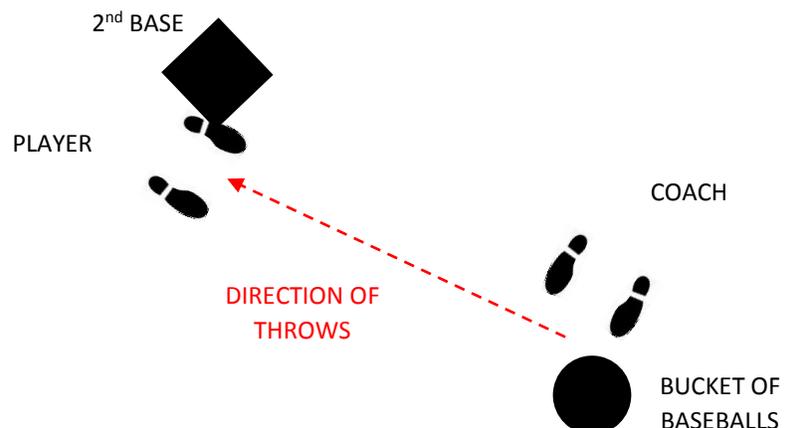
Description of the Drill:

- Players are in the shortstop position, coach is halfway between 1st and 2nd base in the baseline with a bucket of baseballs
- Player moves toward 2nd base at an angle so they are facing the coach (drop step to get in line with 1st base when coming across the bag) with glove and hand up to receive throw from coach
- Coach throws the ball to 2nd base when player is getting close to the bag
- Player sets up on the bag with their left foot on the front (pitcher's mound side) corner and receives the ball
- Player then shuffles feet once (pops feet) to get in throwing position, and fakes a throw to 1st base
- Coach throws double play balls until each player has received 10 repetitions

Add Difficulty:

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

Layout of Drill:



Drop Step Groundballs

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: Use a drop step to get behind the ball and field it in front of the body

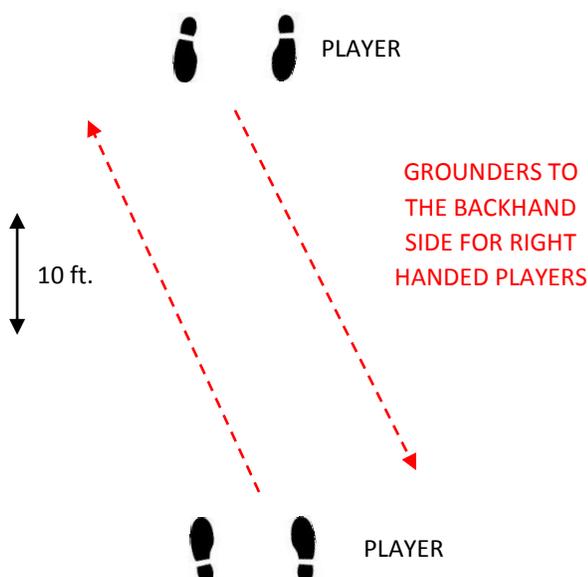
Description of the Drill:

- Partners 10 feet apart facing each other in defense ready position
- Throwing partner rolls a groundball 10 feet to either side of their partner
- Receiving partner takes a deep step back and runs to get behind the groundball, so that they field it directly in front of them
- Receiving partner stays low while running to get behind the ball and keeps their eyes on the ball, fields the ball directly in front
- Receiving partner then gets reset and rolls a groundball 10 feet to either side of their partner
- Partners throw groundballs back and forth to each other until each partner has had 5 repetitions

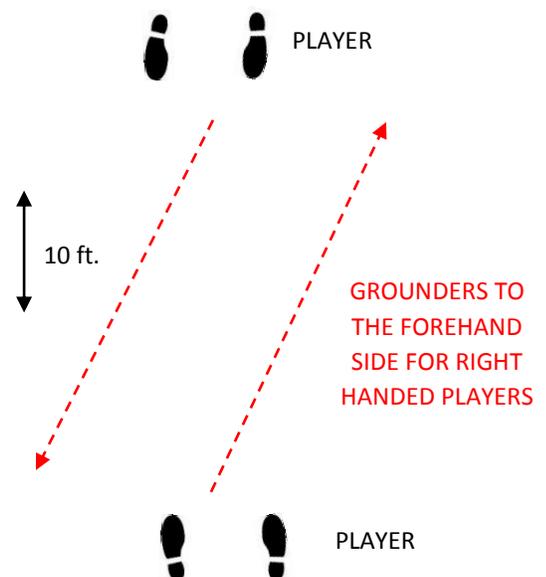
Add Difficulty:

- To add a degree of difficulty, players can throw the grounders further away from their partner
- To add a degree of difficulty, players can field without a glove, one handed or two handed

Layout of Drill:



Add Difficulty:





Execute – On the Field

Skill Set: Offense

Difficulty Level: Easy

Number of Athletes and Coaches: Athletes broken into groups; position players and pitchers

Average Time to Complete: 30 minutes

Equipment Required: Gloves, bases, baseballs

Goal: Focus on the fundamentals of baserunning and fielding through stations.

Position Player Stations – 30 minutes total

Players should be split into groups for the baserunning stations, then once the baserunning station rotation has been completed the players should be split into groups based on position (Infield, Outfield, Catching)

Baserunning Stations – 15 minutes

1. Rounding 1st Base – 3 minutes

- Player starts in the batter's box with a bat, other players in a line behind them against the fence of the backstop
- Coach/partner acting as pitcher, goes through a wind-up without a ball for every hitter
- Cone set up 5 feet in foul territory from the 1st base foul line, 10 feet up the line from 1st base
- The batter swings, drops the bat, and runs to first, staying inside of the cone and striking the front inside corner of 1st base
- The runner slows down after rounding the bag, coming to a shuffle and then getting back to 1st base, then jogs to the back of the line at home plate
- Each player rotates through the line so that they each round 1st base 5 times

2. Leads from 1st Base – 3 minutes

- Player starts on 1st base, other players in a line behind 1st base
- Coach/partner acting as pitcher, goes through a wind-up without a ball for every lead
- Rotations:
 - Player takes a basic lead (3.5 shuffle steps), pauses, then goes back to the bag and gets in the back of the line
 - Player takes an aggressive lead (4.5 shuffle steps), pauses but keeps their feet moving, then steals 2nd base
 - Player takes a basic and secondary lead (3.5 shuffle steps plus 3 more aggressive shuffles) then goes back to the bag and gets in the back of the line
 - Player takes a defensive and secondary lead (3 shuffle steps plus 3 more aggressive shuffles), pauses, then goes back to the bag and gets in the back of the line
- Each player rotates through each lead 3 times

3. Leads from 2nd Base – 3 minutes

- Player starts on 2nd base, other players in a line behind 2nd base
- Coach/partner acting as pitcher, goes through a wind-up without a ball for every lead
- Rotations (each lead should be slightly angled back):

- Player takes a lead (10-15 feet) shuffling their feet, pauses, then goes back to the bag and gets in the back of the line
- Player takes a lead (10-15 feet), pauses but keeps their feet moving, then takes a couple more steps towards 3rd base when the pitcher goes to throw to the plate
- Player takes a lead (10-15 feet), keeps shuffling further as pitcher delivers to the plate, then steals 3rd base
- Each player rotates through each lead 3 times

4. Leads at 3rd Base – 3 minutes

- Player starts on 3rd base, other players in a line behind 3rd base
- Coach/partner acting as pitcher, goes through a wind-up without a ball for every lead
- One player acts as a 3rd baseman in defensive position
- Rotations (each lead should be in foul territory, and return to the bag should be in fair territory):
 - Player takes a lead (so that they are even with the 3rd baseman) shuffling their feet or walking, pauses, then goes back to the bag quickly and gets in the back of the line
 - Player takes a lead (so that they are even with the 3rd baseman), pauses but keeps their shoulders pointed towards home plate, then acts as if the ball has been hit and runs home
- Each player rotates through each lead 3 times

5. Water Break – 3 minutes

- Players should stay hydrated and recharge during this break between stations.

Position Specific Stations – 15 minutes (Players do not rotate to different position stations)

1. Infield – Pirate Drill – 15 minutes

- Infield is at all positions except pitcher, 2 players at each position, catchers in full gear
- Coaches are set up on either side of home plate to hit ground balls to infield
- Coaches will hit across each other, so that the balls cross paths
- Coach 1 Rotation (Make sure players stay out of the way of throws!)
 - Coach 1 hits fungo to third baseman
 - Third baseman turns a double play with the second baseman at second
 - Second baseman throws to the first baseman at the screen
 - First baseman at the screen throws ball back to catcher 1
- Coach 2 Rotation (Make sure players stay out of the way of throws!)
 - Coach 2 hits fungo groundball to shortstop (shortstop plays deep)
 - Shortstop throws ball to first baseman at first base
 - First baseman throws ball back to catcher 2
- Players rotate at their positions until each coach has gone through a bucket of baseballs

2. Outfield – Rainbow Route – 15 minutes

- Cones are set up in two rows of 3, each 20 feet apart
- Players start in a line behind the coach with one player at the middle cone in front of the coach
- Coach points to a cone, player drop steps (steps back with one leg) to run to that cone keeping their eyes on the coach
- While the player is running towards the cone, the coach throws a fly ball or line drive to that cone for the player to catch when they get there

- Player catches the ball and runs it back in to place it in the bucket, then gets in the back of the line
- Next player gets ready at the middle cone in front of the coach and the drill repeats
- Players should rotate through the line so that they each get 10 repetitions

3. Catching – Tennis Ball Soft Hands – 15 minutes

- Catcher in full gear in catching position (home plate optional), no glove
- Coach/partner with bucket of tennis balls 10 feet in front of the catcher
- Coach/partner tosses the catcher the tennis balls one at a time
- Catcher catches each with one hand (receiving hand), keeping the other hand behind their back
- Catcher places each tennis ball off to the side and gets ready to receive the next throw
- **Add Difficulty:**
 - To add a degree of difficulty, the catcher can hold one tennis ball deep in their receiving hand with their pinky and ring fingers (as shown below)
 - The thumb, index and middle fingers should be left free to catch another ball with
 - The catcher should keep one tennis ball deep in their hand while catching another tennis ball with the same hand, their throwing hand should still be behind their back
 - This helps catcher keep their hand soft while receiving, letting the ball travel to them instead of reaching out for it

Pitcher Stations – 30 minutes

The following stations should be done by pitchers while the position players are doing the baserunning and position specific drills listed above.

1. PFP – Comebackers – 6 minutes

- All pitchers in a line to the 3rd base side of the mound, with one pitcher on the mound (each pitcher has a baseball)
- At least 1 player at the shortstop position, covering 2nd base
- All 1st basemen in a line behind 1st base, with one 1st baseman on 1st base
- To start the drill, the pitcher on the mound pitches to the catcher
- Once the catcher catches the pitch, the coach will hit a ground ball (from a ball out of the bucket) to the pitcher
- Pitcher fields ground ball and makes a good throw to the shortstop at 2nd base, who then throws the ball to the 1st baseman (turn a double play)
- 1st baseman tosses the ball back to the pitcher, the pitcher then gets in the back of the line
- Players rotate through the line until each pitcher has fielded 10 ground balls

2. PFP – Bunts on 3rd Base Side – 6 minutes

- All pitchers in a line to the behind the mound, with one pitcher on the mound (each pitcher has a baseball)
- All 1st basemen in a line behind 1st base, with one 1st baseman on 1st base
- To start the drill, the pitcher on the mound pitches to the catcher
- Once the catcher catches the pitch, the coach will roll out a bunt to the 3rd base side of the pitcher
- Pitcher fields bunt and makes a good throw to the 1st baseman
- 1st baseman tosses the ball back to the pitcher, the pitcher then gets in the back of the line
- Players rotate through the line until each pitcher has fielded 10 ground balls

3. PFP – Bunts on 1st Base Side – 6 minutes

- All pitchers in a line to the 3rd base side of the mound, with one pitcher on the mound (each pitcher has a baseball)
- All 1st basemen in a line behind 1st base, with one 1st baseman on 1st base
- To start the drill, the pitcher on the mound pitches to the catcher
- Once the catcher catches the pitch, the coach will roll out a bunt to the 1st base side of the pitcher
- Pitcher fields bunt and makes a good throw to the 1st baseman
- 1st baseman tosses the ball back to the pitcher, the pitcher then gets in the back of the line
- Players rotate through the line until each pitcher has fielded 10 ground balls

4. PFP – Cover 1st Base – 6 minutes

- All pitchers in a line to the 3rd base side of the mound, with one pitcher on the mound (each pitcher has a baseball)
- All 1st basemen in a line behind 1st base, with one 1st baseman in position
- To start the drill, the pitcher on the mound pitches to the catcher
- Once the catcher catches the pitch, the coach will hit a ground ball to the right side of the 1st baseman, catcher then yells “GET OVER!”
- 1st baseman fields the ground ball, while pitcher runs to cover 1st base
- 1st baseman flips the ball underhanded to the pitcher covering 1st base
- Pitcher makes sure to keep their foot on the bag, then gets in the back of the line of pitchers
- Players rotate through the line until each pitcher has fielded 10 ground balls

5. Water Break – 6 minutes

- Players should stay hydrated and recharge during this break between stations.



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

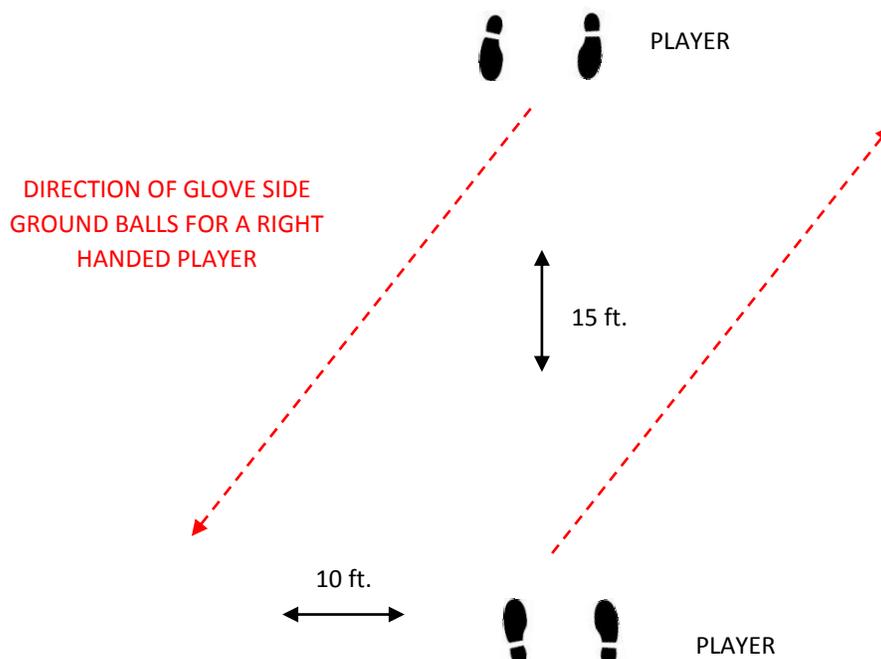
Description of the Drill:

- 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:



Four Corners

Skill Set: Infield (Team)

Difficulty Level: Hard

Number of Athletes and Coaches: Full infield and 1 coach

Average Time to Complete: 10-15 minutes

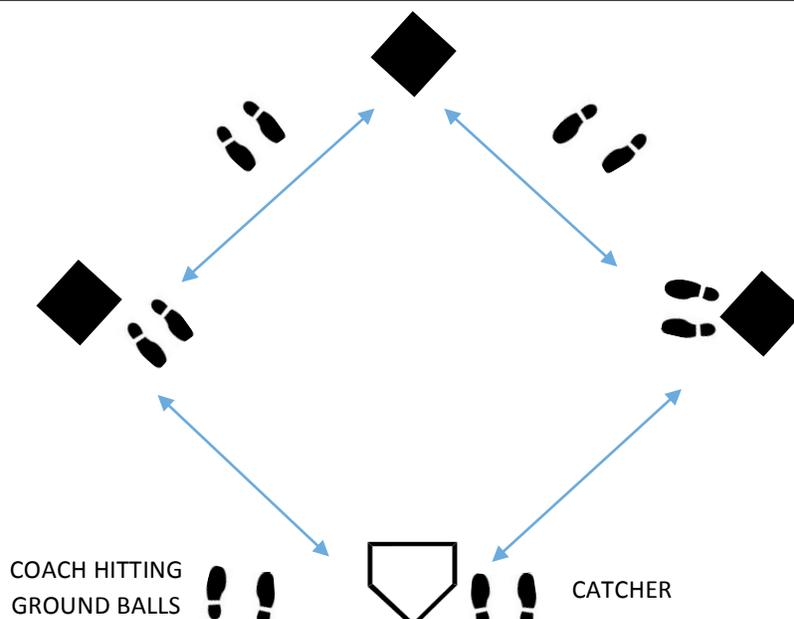
Equipment Required: 1 fungo hitter (coach), bucket of baseballs, gloves, infield with bases

Goal: Isolate aspects of infield play with various types of throws and catches

Description of the Drill:

- **Variation 1: 20-30 feet**
 - Infielders set up in a box, positioned 20-30 feet apart
 - Coach stands to one side of home plate and hits ground balls to third base
 - Infielders flip the ball underhand around the horn for a left-side double play feed
 - Repeat with coach hitting ground ball to first base and infielders flipping the ball underhand in the reverse direction for a right-side double play feed
- **Variation 2: 30-40 feet**
 - Infielders set up in a box, positioned 30-40 feet apart
 - Repeat the sequence from Variation 1, except with infielders using soft overhand throws
- **Variation 3: 50-70 feet**
 - Infielders set up in a box, positioned 50-70 feet apart
 - Coach stands to one side of home plate and hits ground balls to third base
 - Third baseman fields and throws the ball across to first base for a routine out
 - Repeat with third baseman throwing around the horn for a 5-4-3 double play feed

Layout of Drill:





Free Play

Skill Set: All

Difficulty Level: Easy

Number of Athletes and Coaches: All players

Average Time to Complete: 10 minutes

Equipment Required: Balls, gloves, bats, plastic bats and balls, playground balls

Goal: Players work on various skills at their own pace in a non-structured environment

Description of the Drill:

- For the last 10 minutes of practice, allow players to do drills and activities they would like to do in a non-structured environment
- Players can separate into groups or partners, or use this time to work by themselves
- Players can use any equipment, including plastic bats and balls if available
- If players are having difficulty deciding what to do during free play, suggest the follow activities:
 - **Stickball:** Played with a rubber ball, a narrow bat resembling the handle of a broom and without gloves, Stickball is a great way to improve hand-eye coordination.
 - **Wiffle Ball:** Played with plastic bats and balls, many wiffle balls have small holes so that the ball dances and darts on its way to the plate.
 - **Vitilla:** A derivative of baseball often played in Latin American countries by using a bottle cap and stick. Vitilla is great for teaching hand-eye coordination and for playing in small spaces where a ball cannot be used.
 - **Kickball:** A great game for kids of all ages. The pitcher begins play by rolling a large rubber ball towards home plate where the batter kicks the ball into the field. Outs are recorded when a fielder catches a kicked ball in the air or throws the ball and hits a runner between bases.
 - **Flip:** Stand in a circle, a few feet apart. Players volley or 'flip' the ball to one another using their glove, or some versions of the game allow players to flip the ball with other parts of their body. A player who lets the ball hit the ground without successfully flipping the ball to the next player gets a 'strike.' Three strikes and you're out -- last player standing wins.
 - **Off-the-Wall:** Typically played on a blacktop or driveway, players field a tennis ball thrown off a wall. If a player doesn't field the ball cleanly off the wall, he or she must touch the wall before one of the other players is able to field the ball and throw it to the wall. A player incurs a strike if they are unable to make it to the wall before the ball. Three strikes and a player is out -- last player standing wins.
 - **Pepper:** Several fielders stand 15 to 20 feet in front of a batter. The hitter takes a soft, short swing designed to hit ground balls to the fielders. If a player fields the ground ball cleanly, he or she throws the ball back to the hitter. If he or she makes an error, that player goes to the end of the line. If the batter swings and misses or hits a foul ball, they go to the end of the line and the first fielder becomes the hitter.

Fungo Charge

Skill Set: Infield

Difficulty Level: Hard

Number of Athletes and Coaches: 1-5 athletes and 1 coach, or 5 athletes as a group, or full infield

Average Time to Complete: 10 minutes

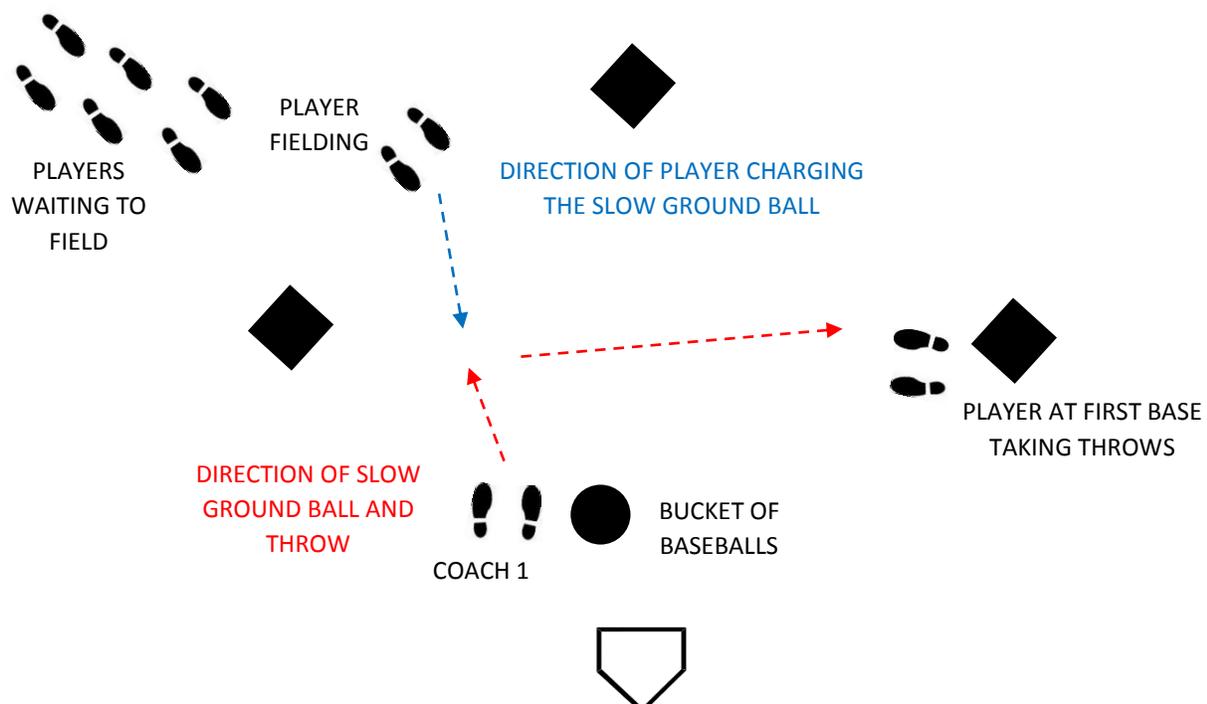
Equipment Required: Gloves, fungo bat, bucket of baseballs

Goal: Focus moving through the ball to field it and then throw it in stride

Description of the Drill:

- Players in a line at the short stop position
- Coach/player hitting fungo slow rolling ground balls at least halfway from home plate
- Players charge the ball, running through the ball, and field on the run
- Players throw the ball in stride to the 1st baseman, moving through the ball after they field it
- Players can also set their feet to throw the ball to the 1st baseman
- Players throw the ball to the player at first base and then rotate to the back of the line
- Players rotate through the line until each player has fielded 10 ground balls

Layout of Drill:





Groundball on Knees Progression

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: Gloves, bucket of balls, fungo bat

Goal: Work the hand underneath the ball, use soft hands and catch the ball on the hop

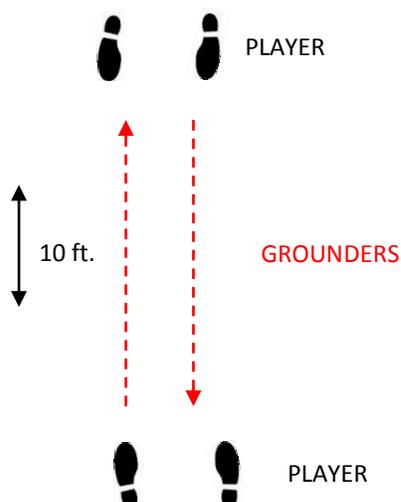
Description of the Drill:

- Partners 10 feet apart facing each other in defense ready position
- Players keep feet planted in the defense ready position, with glove-hand out in front of the body (no gloves)
- Partners throw grounders to each other, focusing on working the hand underneath the ball to field
- Receiving partner keeps their feet planted, their glove out front, and keeps their eyes on the ball
- Partners can also work on backhands while keeping their feet planted
- Partners throw grounders back and forth to each other until each partner has had 10 repetitions

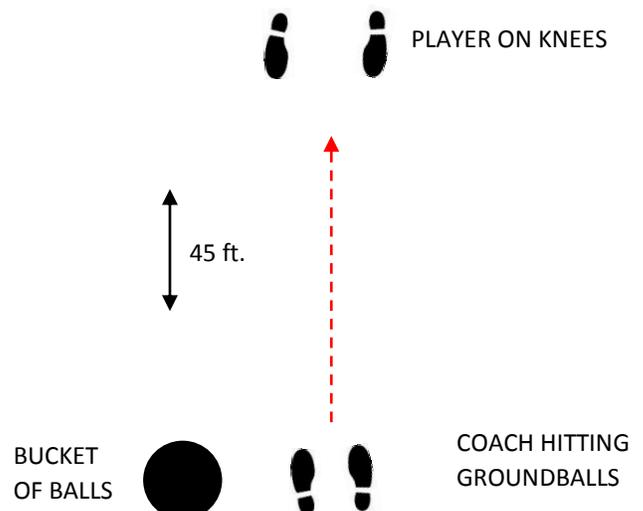
Add Difficulty:

- To add a degree of difficulty, players can use their gloves and get down on their knees and coaches can hit groundballs directly at the players from 45 feet away
- Players should focus on using soft hands and catching the ball on the hop

Layout of Drill:



Add Difficulty:





High Choppers

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: Field the ball as soon as it bounces off of the ground, push glove through the ball

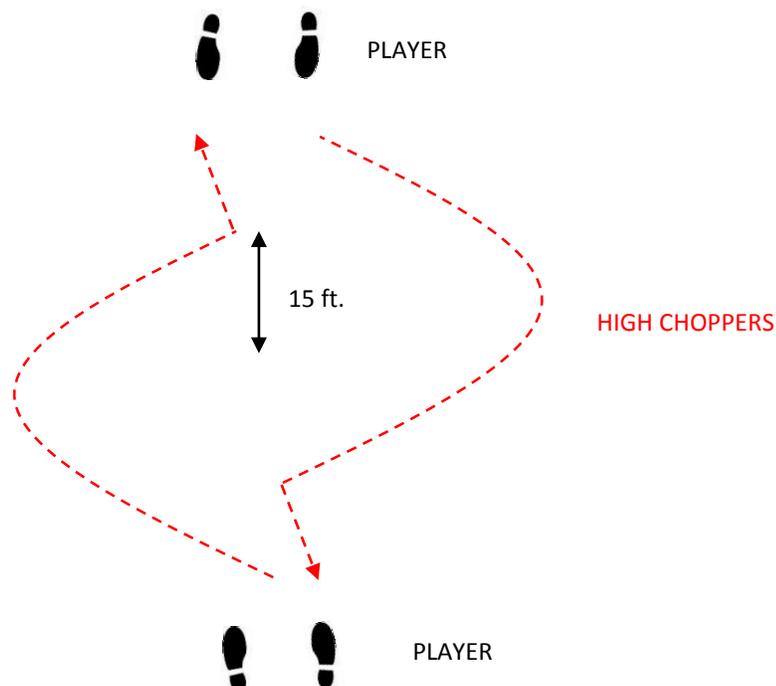
Description of the Drill:

- Partners 15 feet apart on facing each other on the infield or another hard surface
- Players start in defensive ready position with knees bent, feet shoulder width apart
- Partner throw the ball so that it bounces high off of the ground and then takes a shorter hop
- Receiving partner moves towards the ball and fields the ball off of the short hop, as soon as it bounces off of the ground, and pushes their glove through the ball toward their partner
- Partners then get reset to throw another high chopper
- Partners throw short hops back and forth to each other until each partner has had 10 repetitions

Add Difficulty:

- To add a degree of difficulty, players can field the high choppers as forehands or backhands

Layout of Drill:





Indoor Facility Defensive Stations

Skill Set: Defense

Difficulty Level: Easy

Number of Athletes and Coaches: Athletes broken into 3 groups, 1 group per station

Average Time to Complete: 60 minutes, each station takes 20 minutes, then groups rotate stations

Equipment Required: Catcher's gear, baseballs, bat, tennis balls, gloves, cones

Goal: Focus on the fundamentals of throwing, catching, and footwork on defense.

Pitching/Catching Station

The following stations should be set up in an open area or in a cage.

1. Flat Ground – 10 minutes

- 1 partner on left/right field foul line, 1 partner 40 feet away in left/right field
- Receiving partner catches down in catchers position
- Throwing partner goes through full pitching motion
- Throwing partner focuses on having a good extension and a smooth follow through, and hitting their partner in the chest
- Partners switch after 10 throws

2. Basic Receiving – 10 minutes

- Catcher in full gear, no glove, in catching position (home plate optional)
- Coach/partner with tennis ball 10 feet in front of the catcher
- Coach/partner throws the ball softly down the middle of the plate
- Catcher keeps their glove hand relaxed, with their throwing hand behind their back
- Catcher focuses on letting the ball travel to them instead of reaching out to get it, and staying soft with their hands, like they are catching an egg
- Catcher tosses each ball back to the coach/partner and partners rotate after 10 repetitions

Infield Station

The following stations should be in an open area or in a cage.

3. Forehand Range – 5 minutes

- 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

4. Backhand Rake Fungo – 10 minutes

- 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 angles their feet so that their glove shoulder is pointing to the ball to field backhanded
- Player stays low and keeps their eyes on the ball, pushes the glove through the ball to rake it up, then sets feet to throw
- Player then toss 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

5. Water Break – 5 minutes

- Players should stay hydrated and recharge during this 5-minute break between stations.

Outfield Station

The following stations should be set up in an open area or in a cage.

6. Quarterback Angle Throw – 5 minutes

- Coach stands on right/left field line, players each have a ball, in a line behind the coach
- Player tosses coach their ball and sets up 10 feet from the right/left field line facing the coach
- Coach points over the player's right or left shoulder to dictate direction of drop step
- Player takes a drop step in that direction, stepping back with the foot on the side the coach pointed to, and runs on a backwards angle in that direction
- Coach throws a fly ball out in front of the angle the player is running, player catches fly ball and runs to the back of the line with the ball in their glove
- Players should rotate through the line so that they each receive 10 repetitions, coach should alternate drop step directions

7. Quarterback Adjustments – 5 minutes

- Coach stands on right/left field line, players each have a ball, in a line behind the coach
- Player tosses coach their ball and sets up 10 feet from the right/left field line facing the coach
- Coach points over the player's right or left shoulder to dictate direction of drop step
- Player takes a drop step in that direction, stepping back with the foot on the side the coach pointed to, and runs on a backwards angle in that direction
- Coach points in the opposite direction as player is running, player plants outside foot and steps with inside foot (one closest to the coach) to change direction and run in the new angle (this simulates the player adjusting after taking an initial bad read on the ball)
- Coach throws a fly ball out in front of the angle the player is running, player catches fly ball and runs to the back of the line with the ball in their glove
- Players should rotate through the line so that they each receive 10 repetitions

8. Rainbow Route – 10 minutes

- Cones are set up in two rows of 3, each 20 feet apart
- Players start in a line behind the coach with one player at the middle cone in front of the coach

- Coach points to a cone, player drop steps (steps back with one leg) to run to that cone keeping their eyes on the coach
- While the player is running towards the cone, the coach throws a fly ball or line drive to that cone for the player to catch when they get there
- Player catches the ball and runs it back in to place it in the bucket, then gets in the back of the line
- Next player gets ready at the middle cone in front of the coach and the drill repeats
- Players should rotate through the line so that they each get 10 repetitions



Infield Hands Routine

Skill Set: Infield

Difficulty Level: Easy

Number of Athletes and Coaches: 2 players as partners, or 1 player and 1 coach

Average Time to Complete: 10-15 minutes

Equipment Required: Baseballs and gloves

Goal: Focus on the act of fielding the ball by gradually adding in the lower body

Description of the Drill:

- Infield is at all positions except pitcher and catcher
 - Partners set up 10-20 feet apart and softly roll the ball underhand to each other as they work through the following progression, starting on their knees:
 - **Knees:** Draw a triangle in the dirt; the infielder's knees are at its base and focus is on fielding the ball at the triangle's point. Glove should be angled fingers down, with the palm facing the direction where the ball is coming from. The hands "give" with the ball, and are funneled in towards the belly-button/chest.
 - **Wide Base:** Repeat the sequence, this time with the infielders on their feet, which are planted in an athletic position. The knees will move over the feet, as the rear gets closer to the ground in an ready position.
 - **Footwork:** Repeat the Wide Base drill and add footwork. The right foot gets the infielder low to the ball, and the left foot steps through the ball. From there, the feet are replaced, right-left setting up to throw, with the front shoulder closed and pointing directly at the target. Right-left-field... right-left-throw.
 - Infielders should field 10 grounders before progressing to the next step.
-

Layout of Drill:



Inside/Outside Tee

Skill Set: Hitting

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: Bat, tee, baseballs, net or screen to hit into

Goal: Focus on hitting the ball to the pull side and opposite field based on contact point

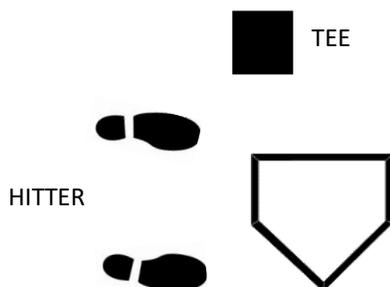
Description of the Drill:

- Tee set up in front of the inside of the plate
- Hitter sets up even with the plate, while partner places a ball on the tee
- Hitter hits the ball at the inside contact point for 5 swings, then moves the tee to the outside contact point
- Hitter hits the ball at the outside contact point for 5 swings, then the partners switch
- Focus should be on hitting the inside ball to the pull side and the outside pitch to the opposite field
- Partners switch after 10 swings

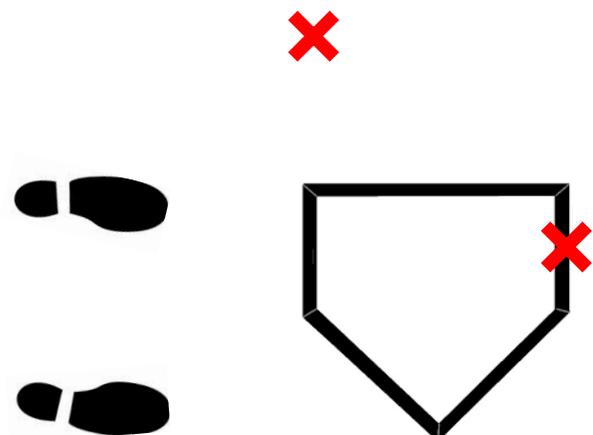
Add Difficulty:

- To add a degree of difficulty, the hitter can also move the tee to different contact point heights (low, middle, high)
- To add a degree of difficulty, the partner can place a ball on both the inside and the outside tee and as the hitter loads, tell the hitter which ball to hit

Layout of Drill:



Contact Points for a Right Handed Hitter: (Flip for Left Handed Hitters)



Knee Short Hops

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: Field the ball as soon as it bounces off of the ground, push glove through the ball

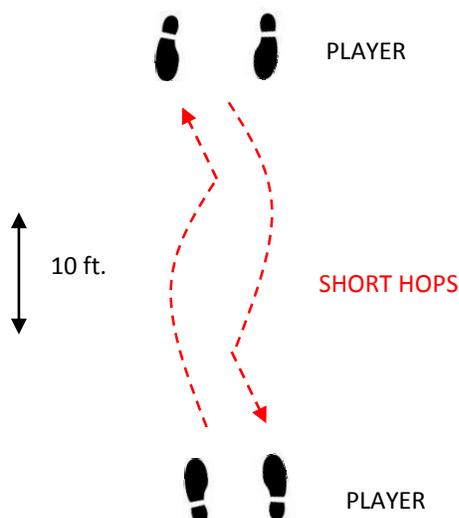
Description of the Drill:

- Partners 10 feet apart on knees facing each other
- Players lean forward on knees, keep their back flat and bend at the hips
- Partners throw short hops to each other so the ball bounces just in front of the other partner at a slow to medium speed
- Receiving partner stays leaned forward, up off of their heels, with their glove out in front of them
- Receiving partner catches ball as soon as it bounces off of the ground and pushes their glove through the ball toward their partner
- Partners throw short hops back and forth to each other until each partner has had 10 repetitions

Add Difficulty:

- To add a degree of difficulty, players can turn slightly so that their throwing shoulder is slightly pointed to their partner and field short hops forehanded, still on their knees
 - To add a degree of difficulty, players can turn so that their glove shoulder is pointed to their partner and field short hops backhanded, still on their knees
-

Layout of Drill:





On the Run

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

Goal: Stay low, get behind ball, and push glove through the ball to field on the run

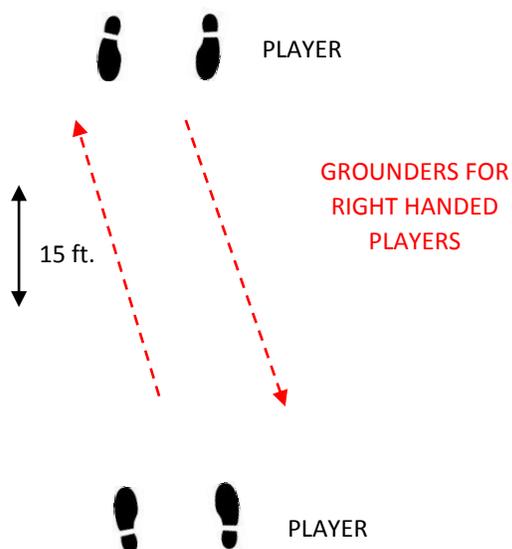
Description of the Drill:

- Partners 15 feet apart facing each other in defense ready position
- Throwing partner rolls a grounder to the backhand side of the receiving partner (towards their throwing hand)
- Receiving partner takes a drop step, then gets behind the ball and runs through it, scooping it in stride
- Receiving partner stays low and keeps their eyes on the ball, pushes the glove through the ball to scoop it up, then shuffles feet to get to throwing position
- Receiving partner rests and then rolls a grounder to the backhand side of their partner
- Partners throw grounders back and forth to each other until each partner has had 10 repetitions

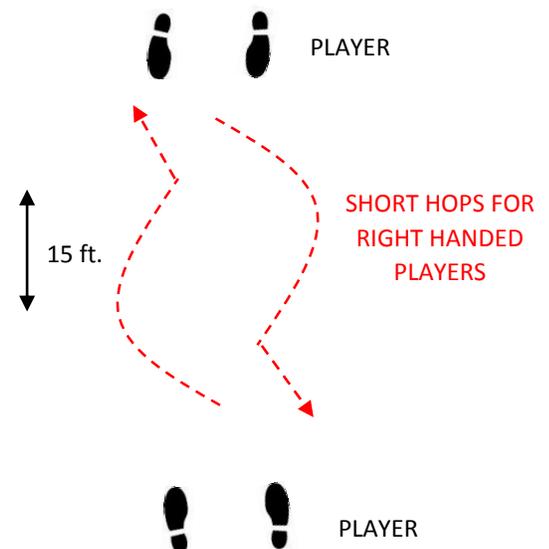
Add Difficulty:

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

Layout of Drill:



Add Difficulty:



Pirate Drill

Skill Set: Infield- Team

Difficulty Level: Hard

Number of Athletes and Coaches: Full infield with 2 players at each position (no pitchers) and 2 coaches

Average Time to Complete: 20-25 minutes

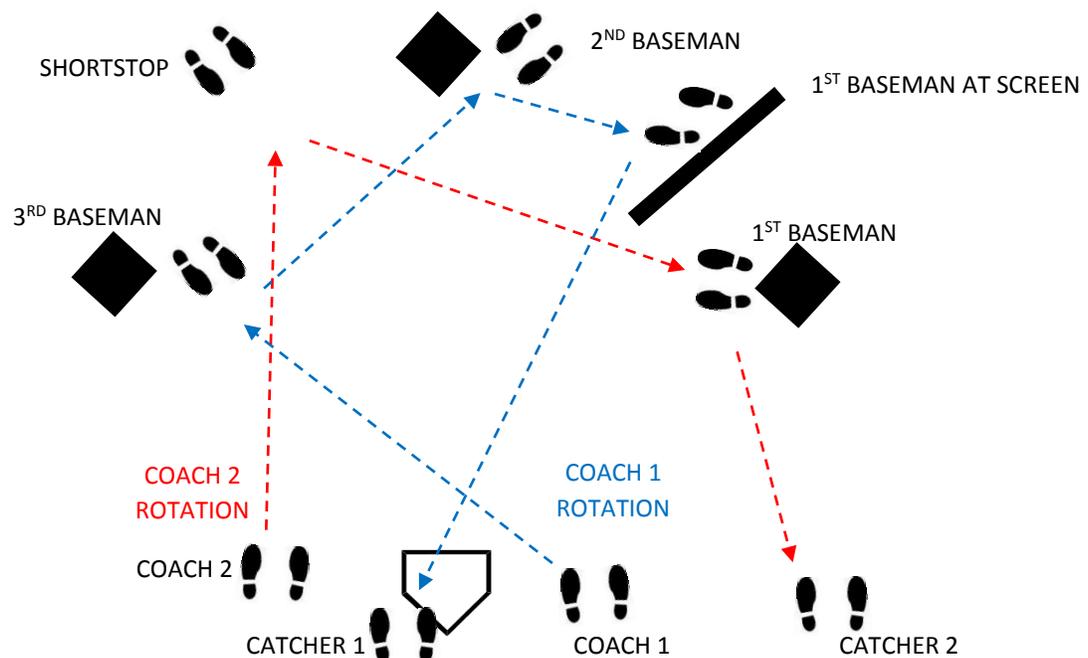
Equipment Required: 2 fungo hitters (coaches), 2 buckets of baseballs, moveable screen

Goal: Communicate in the infield, be aware of everything else going on, stay focused

Description of the Drill:

- Infield is at all positions except pitcher, 2 players at each position, catchers in full gear
- Coaches are set up on either side of home plate to hit ground balls to infield
- Coaches will hit across each other, so that the balls cross paths
- Coach 1 Rotation (Make sure players stay out of the way of throws!)
 - Coach 1 hits fungo to third baseman
 - Third baseman turns a double play with the second baseman at second
 - Second baseman throws to the first baseman at the screen
 - First baseman at the screen throws ball back to catcher 1
- Coach 2 Rotation (Make sure players stay out of the way of throws!)
 - Coach 2 hits fungo groundball to shortstop (shortstop plays deep)
 - Shortstop throws ball to first baseman at first base
 - First baseman throws ball back to catcher 2
- Players rotate at their positions until each coach has gone through a bucket of baseballs

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

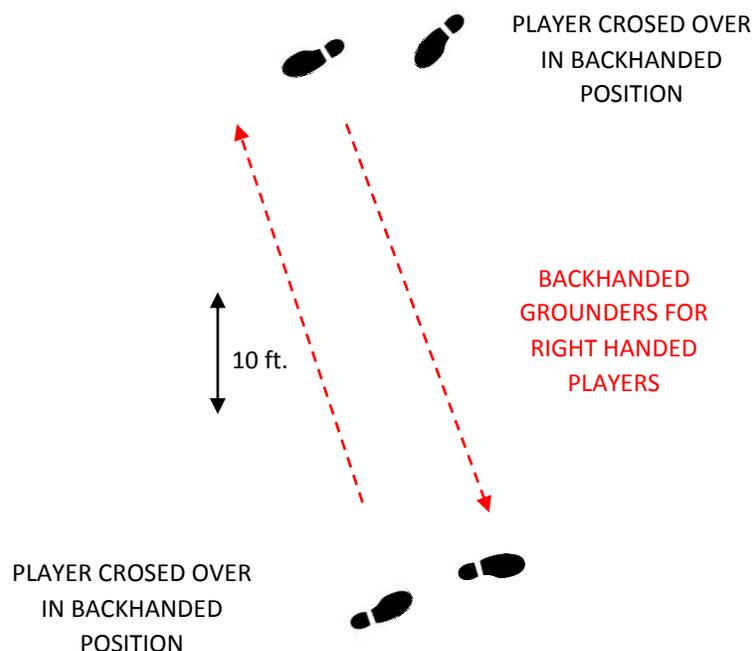
Equipment Required: Balls and gloves

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:

