

BASEBALL

Success

Baseball Fielding Drill: "Scoop n' Shoot"

- Involvement - Every ballplayer takes a position in the infield.
- Speed - Fast
- Focus - Making plays on the infield with little time to spare.

You Need:

- At least 2 players at every position
- A ground ball hitter (preferably a coach)
- A ball feeder (preferably another coach or parent)
- 2 buckets
- Lots of baseballs

The Drill:

1. Feeder tosses balls to the hitter to keep the drill moving
2. The hitter hits grounders alternating between 2 positions. (3rd and shortstop or 2nd and 1st so the players aren't crossing into the line of fire.) The hitter should be hitting a ball about every 10 seconds. (The speed of this drill should be age appropriate, however, it is appropriate for all ages.)
3. 3rd base throws to first and shortstop throws to 2nd where they then drop the ball in the bucket located near the base they are playing. Everyone gets back in line. FAST! After a few rounds, switch so that 1st throws to 3rd and 2nd throws to the shortstop at 2nd.

Baseball Relay Drill: "Hot Potato"

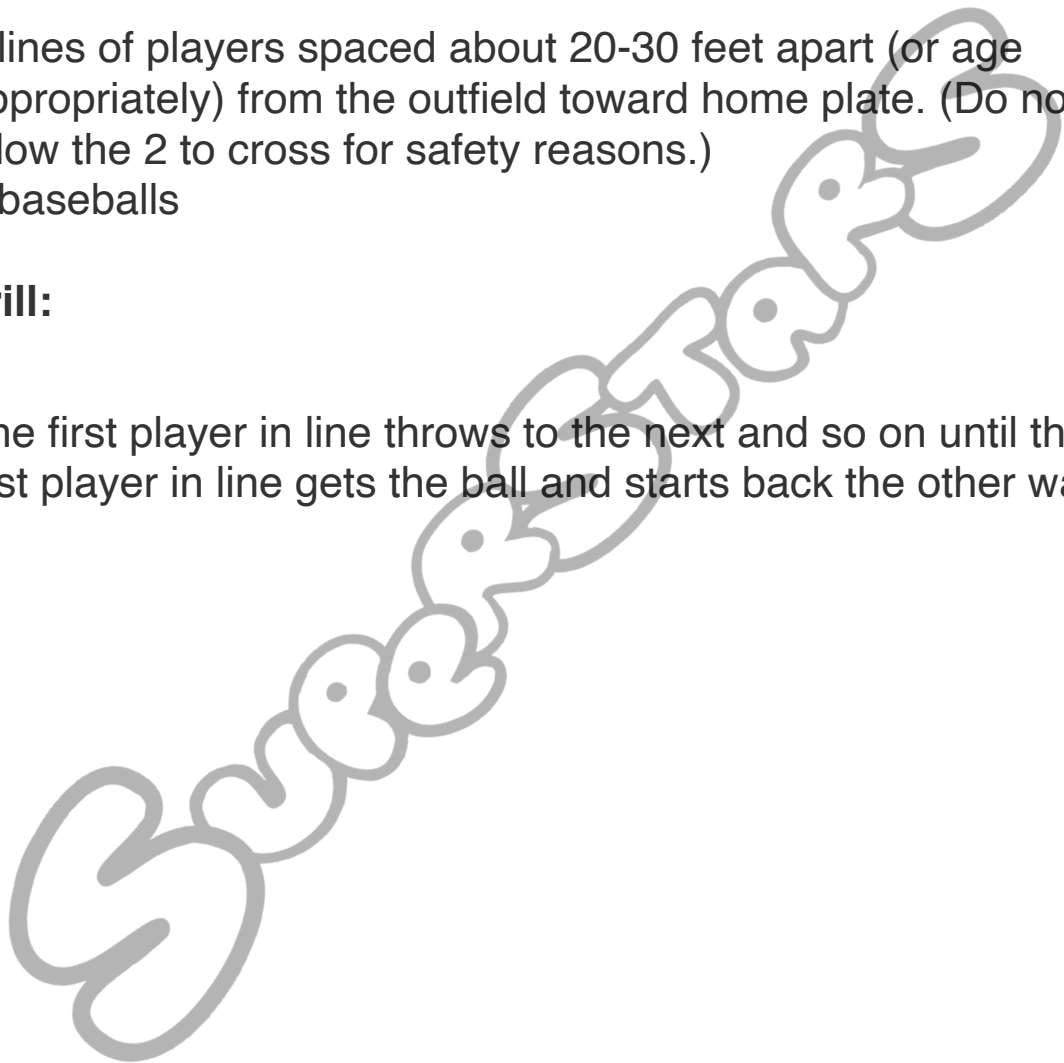
- Involvement - Every player
- Speed - Fast
- Focus - Proper "cut-off" catching technique and quick ball transfer

You Need:

- 2 lines of players spaced about 20-30 feet apart (or age appropriately) from the outfield toward home plate. (Do not allow the 2 to cross for safety reasons.)
- 2 baseballs

The Drill:

1. The first player in line throws to the next and so on until the last player in line gets the ball and starts back the other way.



Infield Drill: "Hot Shot"

- Involvement - Every player
- Speed - Fast
- Focus - Fielding grounders

You Need:

- Players at all infield positions
- 4 buckets
- A lot of baseballs
- A ground ball hitter (preferably a coach)
- A ball feeder (preferably a coach or parent)

The Drill:

1. The ball feeder tosses balls up to the hitter to keep things moving.
2. The hitter sprays ground balls to the infield working his way around the field from one side to the other.
3. The players make the play on the ball but simply drop it in the bucket near their base and hustle back in line.
4. When the hitter runs out of balls, the players hustle in their buckets and repeat.