

5 Infield Short Hop Drills



The best way to become consistent at your craft is by developing a good routine. The following drills are great examples. These drills should be done every day, with a partner or by yourself using a wall, before you take a single ground ball.

Challenge yourself to work your hands quickly. Don't get caught up with fielding every short hop cleanly. Working at an uncomfortable pace will make fielding live grounders seem slower, so you'll be able to get into proper fielding position more easily.

If you're having trouble with a certain drill on a certain day, move on to the next drill and come back to it at the end of the routine.

In the following baseball fielding videos, my middle infielders go through their warm-ups, consisting of short hop and ball handling drills. With each short hop drill, we work on fielding balls hit directly at the fielder, to both their forehand and their backhand. You may decide to individualize each drill and design it specifically to cure your players' weaknesses.

Most players, especially younger players, have trouble with the backhand, so you may want to have them work on the backhand in the Contact Freeze, One-Hand Glove Flip and Rapid Fire drills. You might have another player work on his backhand in just the Glove Flip drill and focus on his forehand in another drill. Watch the [short hop drill video overview](#).

Infield Short Hop Drills Video Overview

1. Contact Freeze
2. One-Hand Glove Flip
3. Straight On: Forehand, Backhand
4. Rapid Fire
5. Ball Handling: Left Leg, Right Leg, Both Legs