



FIELDING-WEEK 1

EQUIPMENT NEEDED: Baseballs, softy balls (1-3 grade), throw down bases and cones.

LENGTH OF DRILLS: should be 4-5 minutes to get thru program.

LENGTH OF SESSION: will be 27 minutes long allowing time to rotate to next skill.

GROUPINGS: make sure to groups fielders into small groups of 4-5 to eliminate standing around. Utilize ALL coaches and player assistants. Keep fielders separated by age.

SAFETY: do not allow younger fielders to partner or receive throw from other fielders. Have coaches or a Dad catch during throwing drills at a base.

1.1 SETUP - READY POSITION

Line fielders up in front of coach. Coach will give command "left, right, left" or "right, left". Fielders will take creep step and hold position and repeat.

Coaching points: *Proper footwork to ready position, glove alignment out front with relaxed wrist and forearm and glove out front when ball reaches contact zone.*

SETUP – APPROACH

Starting from ready position after contact. Fielders will work to right of ball, with glove out front working to proper fielding position.

Coaching points: *footwork to right of ball, balls of feet, glove arm extended aligned with hip.*

SETUP – STANCE

Line fielders up in front of coach. Have fielders get into fielding stance aligned for ball in middle of body.

Coaching points: *feet outside shoulder width, balanced, chest on thigh, flat back, glove out front, glove finger-tips on ground, show palm to ball.*

1.2 SETUP - TRIANGLE

Start on both knees and have player draw an imaginary triangle on the ground (out in front). Coach will group fielders and roll ball to middle.

Coaching Points: *fielding at top of triangle, relaxed wrist and forearm, glove finger-tips on ground, show palm to ball, Ball-glove-eyes.*

1.3 STATIONARY – ROLLS (MIDDLE)

Fielders will start in proper fielding position and field a ball down middle.

Coaching Points: *fielding at top of triangle, relaxed wrist and forearm, glove finger-tips on ground, show palm to ball, Ball-glove-eyes.*

1.4 FIELDING - PICK-UPS

Set two cones 12-15' apart. Fielder will start at one cone and shuffle toward the other cone with glove out front. Coach then rolls a ball leading player to opposite cone. Player will field ball and flip back to coach on the move.

Coaching Points: *footwork, being athletic, quick hands, fielding at top of triangle, relaxed wrist and forearm, glove finger-tips on ground, show palm to ball, Ball-glove-eyes.*

1.5 THROWING - TRANSITION THROW

Fielders will partner 8-10' apart. Player will toss ball underhanded to partner. Player will work on catching ball and quickly getting ball back to arm slot and repeat. Start out with catching ball barehanded then use glove. Add right left footwork with older kids.

Coaching Points: *athletic stance, catch out front, quick hands and getting to arm slot.*

1.6 THROWING – GAINING GROUND

Set three cones to left of infielder. Fielders will start in athletic position with ball in hand. Player will step with right/left footwork behind cones and throw ball to coach from 20' away. Focus on first step gaining ground/momentum and following throw.

Coaching Points: *footwork, good posture, head centered, lead elbow and front foot to target, balanced power position.*

1.7 FOUR-CORNER DRILL

Coach will set up four-corner drill with bases approx. 20-30' apart. Focus on rolls and Right/Left firm throw with accuracy.

Coaching Points: *Alignment, quickness, Right/Left footwork, being athletic, quick hands, fielding at top of triangle, relaxed wrist and forearm, glove finger-tips on ground, show palm to ball, Ball-glove-eyes.*



2.1 STATIONARY ROLLS – BACK HAND & GLOVE SIDE

Group fielders and get a fielder in the proper fielding position and roll groundball to back hand and glove side.
Coaching Points: *footwork, good angles, knees flexed, nose over ball and balanced.*

2.2 THROWING – GAINING GROUND

Group fielders and setup three cones to the left of the fielder. Coach will roll ball to a player in proper fielding position. The fielder will field the ball with good form and step with Right/Left footwork with intent to gain ground & momentum on a throw to a coach from 20' away

Coaching Points: *gain ground on 1st step, following throw, good fielding technique, footwork, good posture, head centered, lead elbow and front foot to target, balanced power position.*

2.3 STATIONARY - HOPS (MIDDLE)

Group fielders and get players in the proper fielding position and throw an overhand short-hop directly at the middle of the infielder (middle).

Coaching Points: *field from low-to-high (ground up), work through the ball, be offensive and not defensive by catching out in front with a relaxed wrist and forearm*

2.4 THROWING - WALKTHROUGH DRILL

Use a line on the ground and have fielders stand on the line and focus on lower body footwork of Right/Left down the line toward target while staying on the line and keeping front foot and front elbow to target for throw to a coach.

Coaching Points: *Right/Left footwork, alignment, gaining ground and momentum, lead elbow and front foot to target, balanced power position.*

2.5 FIELDING - GET TO THE RIGHT

Set two cones in a line angled to 1B. Set one cone behind as a starting point. A Coach will roll the fielder a ball moving forward and to the right side of the rolling ground ball. Fielder will field the ball with good form and simulate a throw to 1B.

Coaching Points: *being offensive, working to the right, good direction with Right/Left footwork, glove arm extended, staying low.*

2.6 THROWING - SHUFFLE, SHUFFLE, THROW

Group fielders and roll a ball to a fielder in proper fielding position. The fielder will field the ball with good form and proceed to step with a good Right/Left footwork with intent to gain ground & momentum on a throw to a coach from 20' away

Coaching Points: *gain ground from 1st step, exaggerated momentum to target, following throw, good fielding technique, good posture, head centered, lead elbow and front foot to target, balanced power position.*

2.7 FOUR-CORNER DRILL

Coach will set up four-corner drill with bases approx. 20-30' apart. Focus on fielding short-hop with a good fielding technique and a firm throw with accuracy.

Coaching Points: *Alignment, quickness, Right/Left footwork, being athletic, quick hands, fielding at top of triangle, relaxed wrist and forearm, glove finger-tips on ground, show palm to ball, Ball-glove-eyes.*

**3.1 STATIONARY - ROLLS (MIDDLE, BACK HAND & GLOVE SIDE)**

Group fielders and get fielders in the proper fielding position and roll groundball to middle, back hand and glove side.

Coaching Points: *footwork, good angles, knees flexed, nose over ball and balanced. On middle ball...fielding at top of the triangle, relaxed wrist and forearm, glove finger-tips on ground, show palm to ball, Ball-glove-eyes.*

3.2 STATIONARY - HOPS (MIDDLE, BACK HAND & GLOVE SIDE)

Group fielders and get fielders in the proper fielding position. Coach will overhand toss a short-hop to the middle, back hand and glove side while maintaining good footwork, gaining depth with opening-up.

Coaching Points: *Alignment, quickness, angles, flexed knees, (Middle Ball) fielding at top of triangle, relaxed wrist and forearm, glove finger-tips on ground, show palm to ball, Ball-glove-eyes.*

3.3 STATIONARY - DIVING DRILL

Set up two cones 6' apart. Fielders will start on both knees with ball in glove at one cone. Player will be aggressive and dive to the right or left to opposite cone then get to feet quickly into the power position ensuring alignment to 1B and throw to coach.

Coaching Points: *aggressiveness, athleticism, quickness, proper throwing technique.*

3.4 FIELDING - FUNGO & THROW TO 1B

Hit fungos to older fielders and throw across to 1B while focusing on all aspects of proper fielding, athleticism, proper throwing techniques. Consider rolling balls instead of fungos to 1-3rd graders.

Coaching Points: *ready position, approach, stance and putting it all together*

3.5 FIELDING - REACTION DRILL

Set up three cones in a line horizontally 15-20' in front of the fielder line as a landmark for groundballs to the middle, backhand and glove sides. Fielder will start at the middle cone and a Coach will fungo or roll (better control) a ball to one of the three cones. The fielder will not have advance notice to the location of the next balls location. After fielding you can advance the drill to align feet for a throw toward 1B or even make it a competition.

Coaching Points: *ready position, approach, quickness, stance and putting it all together*

3.6 FIELDING - SLOW ROLLERS

Coach can teach two ways:

1. Getting "around the ball" (more balanced and accurate)
2. "Do or die" by fielding on right and throwing off left foot

Coaching points: *going hard, staying low, footwork to target, getting ball out quickly.*

3.7 FOUR-CORNER DRILL

Coach will set up four-corner drill with bases approx. 20-30' apart. Focus on fielding rolls, short-hops, tags roll left & throw across and give fielders a chance to throw a little. Coach may need to give verbal cues "roll left, throw across" for safety purposes.

Coaching Points: *Alignment, offensive, work through short-hops, quickness, Right/Left footwork, being athletic, quick hands, fielding at top of triangle, relaxed wrist and forearm, glove finger-tips on ground, show palm to ball, Ball-glove-eyes.*

**4.1 FIELDING - FUNGO & THROW TO 1B**

Hit fungos to older fielders and throw across to 1B while focusing on all aspects of proper fielding, athleticism, proper throwing techniques. Consider rolling balls instead of fungos to 1-3rd graders.

Coaching Points: ready position, approach, stance and putting it all together

4.2 DOUBLE-PLAY FEEDS - SECOND BASE

Fielders will group up at 2B and alternate. Coach will roll ball ground balls to get accurate positioning.

Fielders will execute four types of feeds: Knee Drop (groundball right at them), Option flip with thumb under and follow (groundball to right), Under Hand Flip and Follow (groundball to right), Skateboard Hop with finish aligned to the bag and right foot back (groundball to left)

Coaching points: Get the 1st out, accuracy over velocity, footwork, staying low, balance, quick hands and getting sure out follow your ball

4.3 DOUBLE-PLAY FEEDS – SHORTSTOP

Fielders will group up at SS and alternate. Coach will roll ground balls to get accurate positioning. Fielders will execute three types of feeds: Knee drop open to target (groundball right at them), Flip and follow (groundball to left), Rhythm hop with right foot plant and open front side to target (groundball to right)

Coaching points: keep ball visible (don't hide), ensure of 1st out, accuracy over velocity, footwork, staying low, balance, quick hands

4.4 FIELDING – 3B & 2B FUNGO & THROWS

Coach will hit or roll a groundball to one of two groups located at 3B and 2B. The 3B will throw to 2B and 2B fielders will throw to 1B. Consider rolling balls to 1-3rd graders.

Coaching Points: ready position, approach, stance and putting it all together

4.5 THROWING - CUT OFFS

Coach simulates making a throw from the outfield and have infielders use good footwork to adjust to receive and transition into a throw with little to no extra motion.

Coaching Points: Go get the ball (attack), footwork, getting to right of ball, DON'T DROP THE BALL, getting on same plane, catching close to body, quick transfer and getting aligned to target

4.6 FIELDING - POP-UPS

Form two small groups in single file lines. Coach will throw from short distance but high enough for fielders to make adjustments (approximately 30'). Take proper angles to get behind the ball and use two hands while using two-way communication.

Coaching Points: taking good angles, getting behind ball and catching above shoulder.

4.7 FOUR-CORNER DRILL

Coach will set up four-corner drill with bases approx. 20-30' apart. Focus on fielding rolls, short-hops, tags roll left & throw across and give fielders a chance to throw a little. Coach may need to give verbal cues "roll left, throw across" for safety purposes.

Coaching Points: Alignment, offensive, work through short-hops, quickness, Right/Left footwork, being athletic, quick hands, fielding at top of triangle, relaxed wrist and forearm, glove finger-tips on ground, show palm to ball, Ball-glove-eyes.