

Infield Drills

V3.0 February 2018



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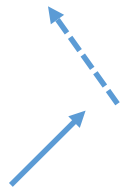
Author/Person to Blame: Tom Kemp

ReadMe First

- Goal of this document is to provide a set of representative infield drills that you can mix and match as part of your practice
- Think of these drills as “soup starters” to help you design your practices, but feel free to customize these drills or use your own proven drills
- Picking appropriate drills for a given practice is based on a number of factors including skill level of players, how far into the season is the team, age of the players, the players capacity to pick up new drills, etc.
- To help you decide which drills to use, we have grouped them into Beginner, Intermediate and Advanced Drills (see “Menu Items”), with recommended ages for the drills
- It is recommended that in a given practice you do not solely focus on just one area (e.g. infielding), but you also conduct drills in other areas (e.g. hitting, outfielding, etc. – see separate documents for example drills in those areas)
- See “Preparing Practices” document for more information on how to organize your practices
- This document does NOT teach proper technique for the drills, see “Teaching the Fundamentals” document
- And don’t forget ... make your drills (and practices) fun!
 - Introduce new drills to practices, i.e. don’t get in a rut with the same ol’ drills
 - Have multiple stations (e.g. some doing infield, some doing outfield, etc.) to work different skills
 - Keep the drills well organized
 - Give breaks between drills
 - Always encourage the girls, don’t discourage!

ReadMe Second: Understanding this Guide

- **3B** P, 1B, 2B, SS, 3B refers to the player playing that position and is represented as a circle in the field diagram. E.g. 3B refers to the person play the position of third baseperson, not the actual base
- **C1** C1, C2 etc. refers to Coach #1 and Coach #2 etc. and is represented as a circle in the field diagram
- 1st refers to first base (as in “1B covers 1st”); 2nd refers to second base, 3rd refers to third base, and H refers to home plate (as in “C tagged the runner out at H”). Don’t confuse 1st with 1B, as often 1B won’t be playing 1st base in the case of fielding a bunt.



- Dotted arrows refer to where the ball is hit (for older girls) or rolled (for younger girls) by the coach during a drill
- Solid arrows refers to where the ball is thrown

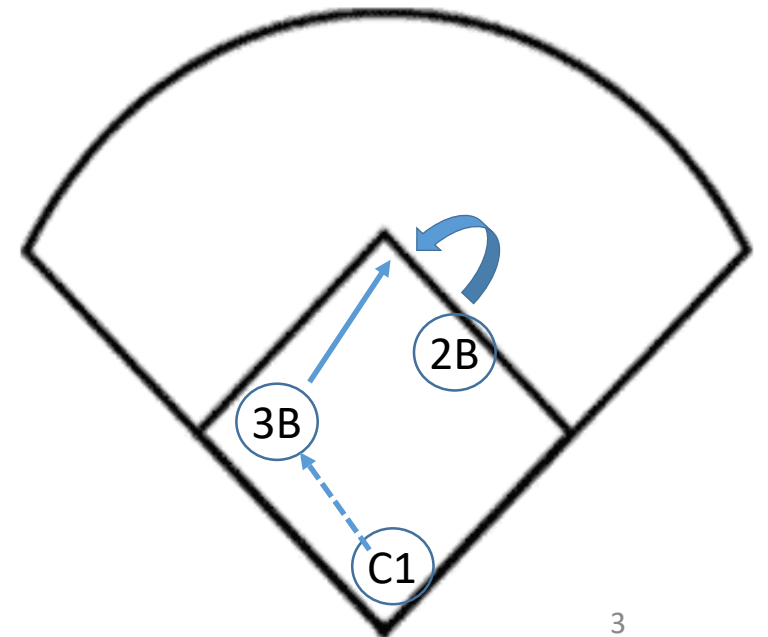
- This curved arrow refers to a player moving to cover a base (note players actually move straight to the base, vs in a curved motion)

So ... in this diagram, Coach #1 hits/rolls the ball to 3B who throws the ball to 2B who moved to cover 2nd when the ball is hit/rolled

- In terms of recommended ages for the drills:
“(All)” refers to all ages, “10U+” refers to 10U and up, etc.



- “Key” symbol represents the main items the drill is meant to teach



Menu Items: Beginner Drills (1 of 2)

- B1 Throwing Progressions Drill (All)
- B2 Glove in Front of Bat Drill (All)
- B3 No Glove Triangle Drill (All)
- B4 With Glove Triangle Drill (All)
- B5 “W” Drill (All)
- B6 Basic SS to 1st Progression Drill (All)
- B7 Basic 3B to 2nd Progression Drill (All)
- B8 Basic 3B to 1st Progression Drill (All)
- B9 Combo Progression Drill (All)
- B10 Third Short Second Rotation Drill (All)

Menu Items: Beginner Drills (2 of 2)

- B11 Basic Who Covers 2nd Drill (6U to 12U)
- B12 Basic Bunt Coverage Drill (8U+)
- B13 “Be Like Wall” Game (All)
- B14 “Knock Out” Game (6U to 12U)
- B15 “Hit the Stuffie” Game (6U to 10U)
- B16 “Beat Me If You Can” Game (8U to 10U)
- B17 “Quick Release” Game (8U to 12U)
- B18 “Zipper” Game (8U+)
- B19 “Rock Around the Clock” Game (6U to 10U)

Menu Items: Intermediate Drills (1 of 2)

- I1 Infield Crossfire Drill (8U+)
- I2 Basic Backhand Drill (8U+)
- I3 Basic Move Horizontally Drill (8U+)
- I4 Move to Backhand Ball Drill (8U+)
- I5 Star Drill (10U+)
- I6 Sidearm Toss Drill (12U+)
- I7 Double Play Drill (12U+)
- I8 Second to First to Home Drill (12U+)
- I9 Third to Second to First Drill (12U+)
- I10 Four Corners/Around the Horn Drill (10U+)

Menu Items: Intermediate Drills (2 of 2)

- I11 Expanding 4 Corners Drill (10U+)
- I12 Sidearm Flip Drill (12U+)
- I13 Infield Loop Drill (10U+)
- I14 3x3 Drill (10U+)
- I15 Infield Range Drill (10U+)

Menu Items: Advanced Drills

- A1 Infield Crossfire + Bunt Drill (10U+)
- A2 Hold the Runner on 3rd Drill (12U+)
- A3 Forehand and Backhand Drill (12U+)
- A4 Behind the Back Drill (12U+)
- A5 Suicide Squeeze Drill (12U+)
- A6 Relay Drill (12U+)
- A7 Relay to Third Drill (12U+)
- A8 Tag Up and Relay to Home Drill (12U+)

Beginner Drills

Goals: (a) get the girls to field the ball in front of them; (b) alligator the ball; (c) move forward to the ball vs. have the ball come to them; (d) glide like an airplane to the ball and not helicopter to the ball in terms of getting down and (e) introduce basic concepts of coverage of balls hit up the middle and bunts

B1 Throwing Progressions Drill

Appropriate for:
6U 8U 10U 12U 14U

- Technically not a drill, but a standard way for players to warmup before a practice and/or game
- Have the players divide into parallel lines with a throwing partner, with spacing in each line about 10 feet between players in a line
- Each progression should be 5-10 throws
- #1 progression: the two lines of players should be about 5 feet from each other and each player should have their throwing knee down on ground and their catching knee bent as shown on the right
 - Goal is to work on snap
 - Grip of ball should be 4 seam across the “C” of the ball
 - Glove should be under throwing elbow and shoulder high
 - Ball should have nice rotation (i.e. tight spin) and throwing fingers should finish pointing towards glove

<https://www.youtube.com/watch?v=rmJQoLK4Vos> (:38 to 1:10)



B1 Throwing Progressions Drill (Continued)

- #2 progression: the two lines of players should now be about 10 feet from each other (i.e. one line backs up a few feet from #1) and each player should still be on their throwing knee
 - “Thumb to thigh”
 - “Elbow high” (stays above shoulder through ‘til release)
 - Arm position should be “L” shape, back of hand facing player is if ball “painting” an imaginary wall
 - “Let it fly”
 - Arm follow through across knee
 - The girls should not be throwing hard / chucking the ball to each other

<https://www.youtube.com/watch?v=rmJQoLK4Vos>
(1:12 to 1:50)



B1 Throwing Progressions Drill (Continued)

- #3 progression: the two lines of players should now be about 15 feet from each other but players are standing up
 - Players face each other, no leg/hip movement, i.e. this is a no step throw
 - Same “thumb to thigh”, “Elbow high” and “Let it fly” (note shoulder rotation)
 - Point and tuck: Players should point their glove-hand elbow OR their glove points to target and tucks into hip upon throw

<https://www.youtube.com/watch?v=rmJQoLK4Vos>
(1:52 to 2:16)

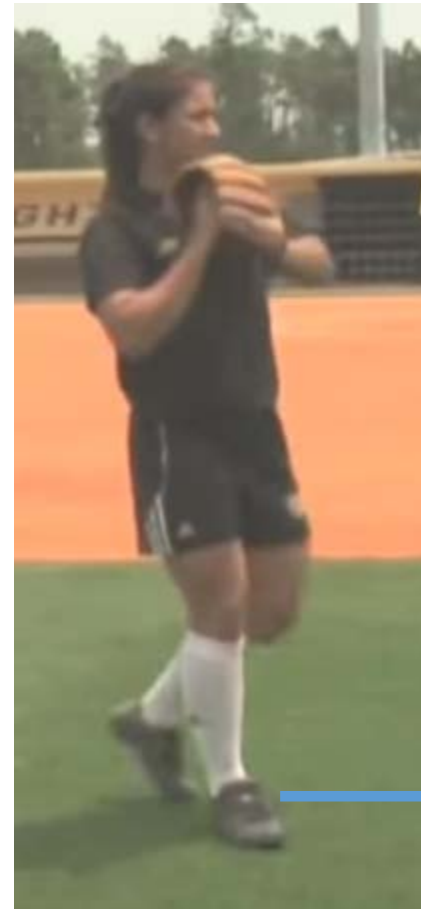


B1 Throwing Progressions Drill (Continued)

- #4 progression: the two lines of players should now be about 20 feet from each other
 - This is a step throw
 - Inside of stepping foot points to target
 - Same “thumb to thigh”, “Elbow high” and “Let it fly” (note shoulder rotation)
 - Don’t forget to point and tuck: Players should point their glove-hand elbow OR their glove points to target and tucks into hip upon throw
 - In effect the inside of your throwing foot and your glove (or glove elbow) are the pointers to your target

<https://www.youtube.com/watch?v=rmJQoLK4Vos> (2:17 to 2:47)

After this progression , we recommend adding the Zipper Game. For older players they can keep on having their lines move further apart for additional progressions such as crow hops.



B2 Glove in Front of Bat Drill


Appropriate for:
6U 8U 10U 12U 14U

- Have players line up in multiple lines in infield
- Place bat in front of each line, have first girl at the bat (feet behind the bat), and others in line 5-7 feet behind the first girl
- Have coach or player ball to player in each line (ie one roller per line)
- Key is feet behind bat but glove in front of bat with proper form (aka the "triangle") and alligator'ing the ball
- After doing this for a few iterations, then have girls start 5 feet back of bat, roll ball and then when ball rolls have them glide to the ball with glove out and feet still behind ball
- Key in this scenario is for the girls to glide like airplane to the ball and not helicopter down to it
- Girls can underhand toss ball back to coach once they field it
- <https://www.youtube.com/watch?v=HNF1DAGCm1Y> (00:00 to 1:10)



B3 No Glove Triangle Drill

Appropriate for:
6U 8U 10U 12U 14U

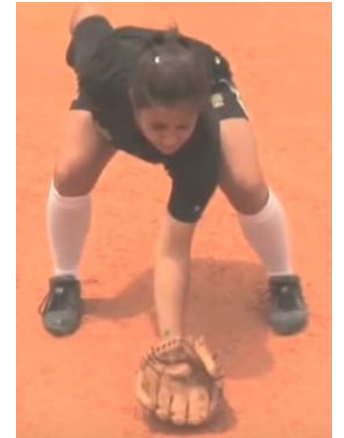
- Have players form even lines about 5-7 feet away from each other in the infield and they should line up with partner in other line
- No gloves in this drill
- Have players draw triangles in front of them in dirt as shown below
- Players in one line should have ball while players in other line should extend their arm out at top of triangle
- Players with ball should roll ball to their partner, who fields with 2 hands in front of them, and “soft hands” the ball into themselves.
- After they field the ball, they roll the ball to their partner who will have their hand extended etc.
-  Key is alligator’ing the ball and fielding it on front at tip of triangle
- See <https://www.youtube.com/watch?v=-BgiappeTZk> (0:00 to 1:10)



B4 With Glove Triangle Drill


Appropriate for:
6U 8U 10U 12U 14U

- Same as prior drill, but now girls stand and put gloves on
- Redraw triangle
- Players with ball should roll ball to their partner, who fields with 2 hands in front of them, etc.
- After they field the ball, they roll the ball to their partner who will have their hand extended etc.
- Key is athletic position, butt down, alligator the ball and watch ball into glove
- See <https://www.youtube.com/watch?v=-BgiappeTZk> (1:10 to 2:00)



B5 “W” Drill

Appropriate for:
6U 8U 10U 12U 14U

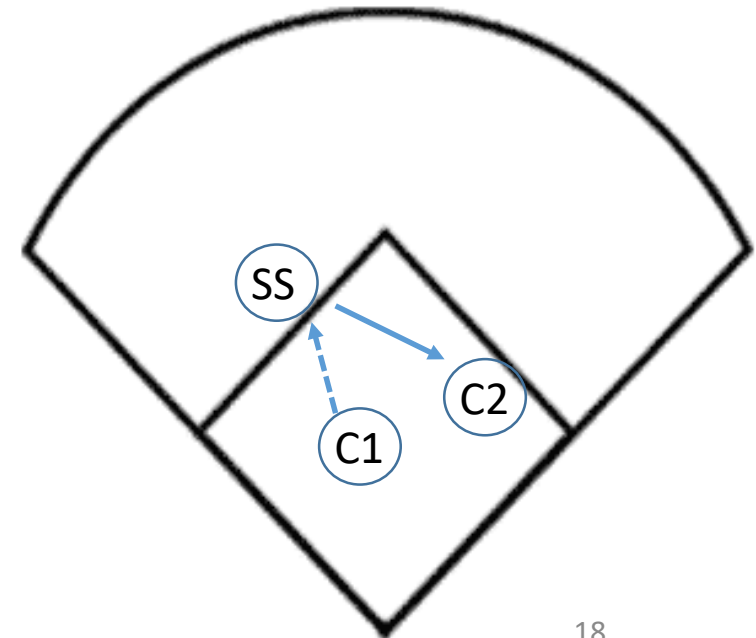
- Requires 3 buckets of balls and 3 coaches
 - Players line up in one line at first base
 - Coach 1 is stationed 1/3 the way from H to 1st
 - Coach 2 is lined up 1/3 the way from 1st to 2nd
 - Coach 3 is lined up to near pitcher’s mound
 - C1 rolls the ball to first player in line. They move forward and field it, run towards Coach 1 and put ball in bucket near Coach 1. After player puts ball in bucket then C2 rolls to that player. Player fields it, then runs to put ball in C2’s bucket, and then C3 rolls to the player, etc.
 - See <https://www.youtube.com/watch?v=CTWKhoJbzm4> (:30 to 2:30)
-  • Key to this drill is constant motion and extra reps, i.e. no standing around. And get players to move forward to the ball and watch the ball go into the glove
- Shorten the W if the girls are younger or if they get winded



B6 Basic SS to 1st Progression Drill

Appropriate for:
6U 8U 10U 12U 14U

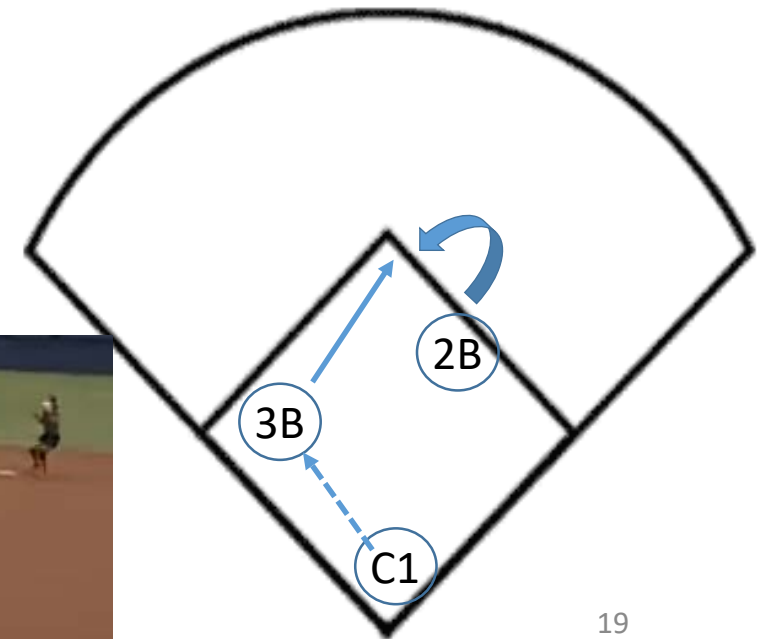
- For any # of players, but probably best for 4-8
- Have players line up at SS, with backups 5 to 10 feet behind SS
- Need 2 coaches (C1 and C2).
- C1 sits on bucket and rolls ball to SS who fields and throws to C2 who is halfway between 1st and 2nd. C2 puts ball in bucket. SS goes to end of line then next player up. C2 could also be a player.
- Goal is to warm the infielders up by making quick fielding motions and throws. Note C2 is half way to 2B so not exerting the player's arm
- Video: <https://www.youtube.com/watch?v=XDwFdR4gluQ> (00 to 1:00)
- Increasingly make the ball more difficult to field, e.g. instead of roll do short bounces (1:50 to 2:15); force moving sideways or back hands (1:00 to 1:30), etc.



B7 Basic 3B to 2nd Progression Drill

Appropriate for:
6U 8U 10U 12U 14U

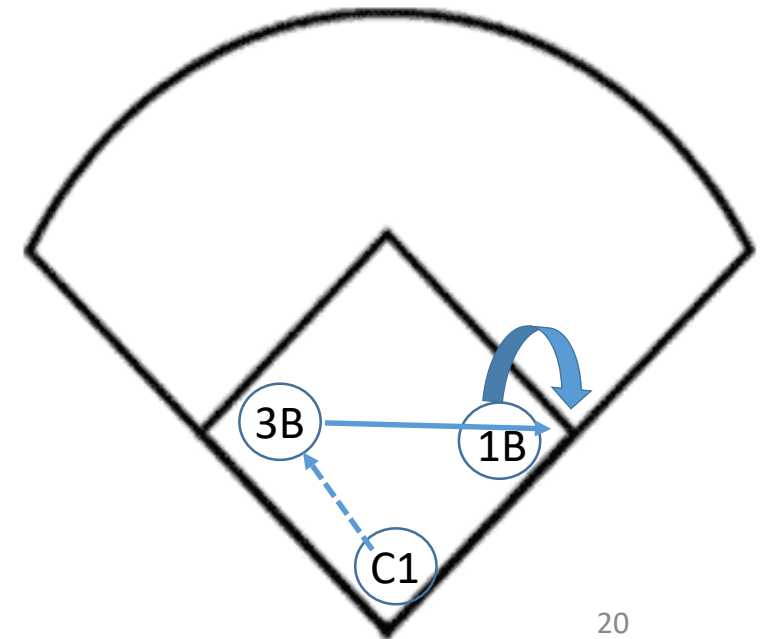
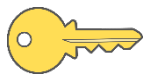
- For any # of players, but best for 4-8
- Have half the players line up at 3B, with backups 5 to 10 feet behind 3B, and other half at 2B position (not at 2nd base but at 2B position!)
- Need 1 coach (C1)
- C1 sits on bucket near home and rolls ball to 3B who fields and throws to 2B who moves to cover 2nd
- 2B puts ball in bucket. Make sure the 2B does not cheat and just hangs out at 2nd. If you see cheating then C1 should sometimes roll ball to 2B
- Video: <https://www.youtube.com/watch?v=XDwFdR4gluQ> (2:30 to 3:50)
- Rotate after each girl fields 5 balls. Increasingly make the ball more difficult to field (don't roll to same place and add bounces etc.)
- Goal is to warm up girls with shorter throws from 3B to 2nd



B8 Basic 3B to 1st Progression Drill

Appropriate for:
6U 8U 10U 12U 14U

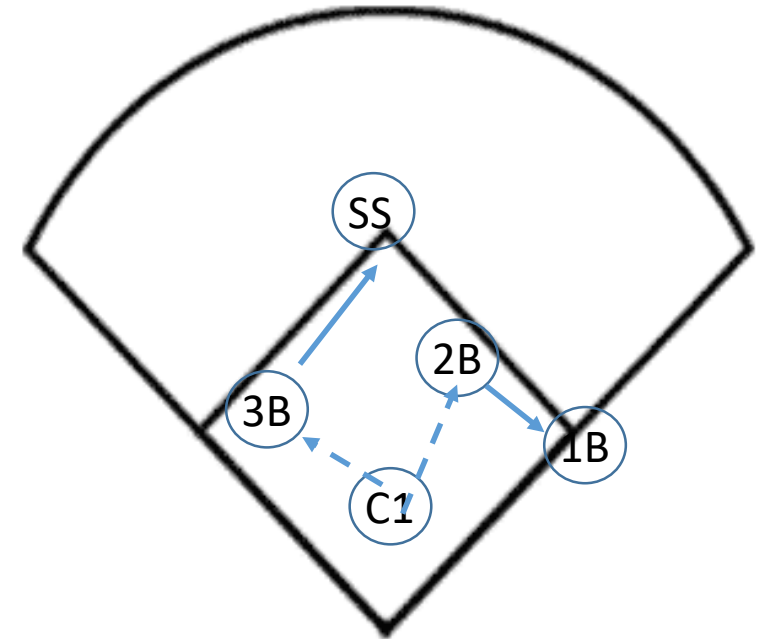
- For any # of players, but best 4-8
- Have half the players line up at 3B, with backups 5 to 10 feet behind 3B, and other half at 1B position (not at 1st base but at 1B position!)
- Need 1 coach (C1)
- C1 sits on bucket near home and rolls ball to 3B who fields and throws to 1B who moves to cover 1st
- 1B puts ball in bucket. Make sure the 1B does not cheat and just hangs out at 1st. If you see cheating then C1 should sometimes roll ball to 1B
- Video: <https://www.youtube.com/watch?v=XDwFdR4gluQ> (4:00 to 6:00)
- Rotate after each girl fields 5 balls. Increasingly make the ball more difficult to field (don't roll to same place and add bounces etc.)
- Should be done after earlier progressions that had shorter throws
- Key here is for 3B to charge the ball as 3B to 1st is longest throw
- To shorten throws for younger girls, 1B can stay at position vs. cover 1st



B9 Combo Progression Drill

Appropriate for:
6U 8U 10U 12U 14U

- If you have enough coaches OR just 1 coach for a practice, you can combine progression drills, e.g.
 - Have a line at 3B and a line at 2B. Have one player (or coach) cover 2nd and another player (or coach) cover 1st, each with a bucket.
 - Coach C1 sits on bucket between pitcher mound and Home and rolls ball to 3B who throws to 2nd. Then coach immediately rolls ball to 2B who throws to 1st.
 - After players field and throw, go back to the end of their line
 - If you have multiple coaches you can optionally have one coach rolling to 3B and another rolling to 2B.
 - Players catching the ball (ie covering 2nd or 1st) should put the ball in bucket
 - After a few iterations, have 3B and 2B lines switch, and pick new players to cover 2nd and 1st



B10 Third Short Second Rotation Drill

Appropriate for:
6U 8U 10U 12U 14U

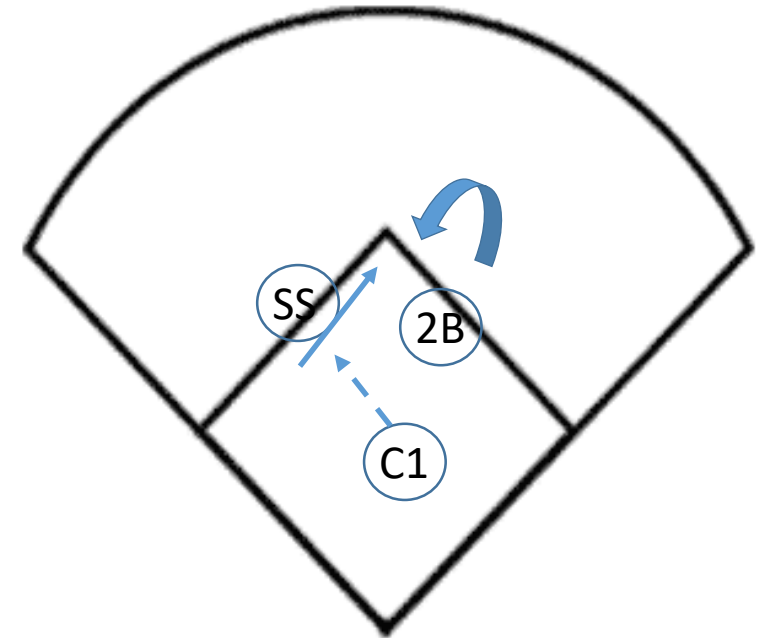
- Have one line at 3B and one player or coach at 1st who has bucket. Preferably done with 4-8 players, if too long of a line, then players get bored or distracted.
- Use whiffle balls to mark where lines should form for 3B SS and 2B (i.e. the normal fielding positions).
- Coach 1 hits or rolls ball to 3B who throws to Coach 2 covering 1st (for younger players Coach 1 should sit on bucket between home and pitchers mound and roll ball; also for younger players have Coach 2 covering 1st move closer to 3B to shorten throw)
- After fielding ball player goes and forms a new line at SS position
- Coach then hits or rolls ball to next player at 3B line, who fields and throws to 1st etc. until line is done (so all players are now in line at SS)
- Repeats the process but after SS throws to 1st, then goes to 2B line (line is where the 2B position stands, not at 2nd base).
- Once SS line is done, coach hits or rolls ball to 2B etc.
- Recommend have players stay in line at 2B after first throw (i.e. do 2B twice) and with second time in line hit a bunt or short ball so they just have to do flip to 1st vs. full throw (i.e. first hit/roll to 2B is a hit closer to 2nd base, second hit to 2B is short/closer to 1st base)
- After player fields the ball twice at 2B, they should loop around 2nd base line (so not to interfere with next throw) and head back to 3B line
- Goal is to give players relatively quickly play 3 infield positions and keep them moving/running
- See https://www.youtube.com/watch?v=YnDR_SjxqBQ (:00 to 1:17)



B11 Basic Who Covers 2nd Drill

Appropriate for:
6U 8U 10U 12U

- This drill introduces the concept that if you are playing middle infield and the ball is hit in the middle of infield and does not come to you, you cover 2nd
- You have one line of players at SS position and one line at 2B position. Put an empty bucket behind 2nd base. Coach sits on bucket with a bucket of balls near pitchers' mound
- Coach rolls the ball to either SS or 2B position, coach should mix it up and not have girls anticipate where the ball will go to
- If to SS position, SS fields ball and throws to 2B who has moved to 2nd (as shown in diagram)
- After player at 2nd catches the ball, she puts ball in bucket behind 2nd base
- Both players go to the end of their lines (no switching lines just yet)
- If players start to cheat and run to 2nd before ball is released from coach, then coach should roll to cheater's position to enforce the concept of "Ball → Base → Backup", ie think field the ball first
- After 5-10 turns for each player, switch SS and 2B lines
- Key to this drill is to think field Ball first, and if Ball does not come to you, then cover the Base. i.e. if on left side of infield, 2B covers 2nd, if on right side of infield, SS covers 2nd. Intermediate drills focus on this in more depth, this is just a basic intro to this concept



B12 Basic Bunt Coverage Drill

Appropriate for:
8U 10U 12U 14U

- Same as “Basic 3B to 1st Progression Drill” but instead Coach simulates bunt by either rolling or actually bunting down 3B line
- See <https://www.youtube.com/watch?v=QKepeD8jcno> (3:55 to 4:25)
- Key is to charge ball
- Then add 2B and 1B into drill and mix up which direction you bunt to (3rd or 1st base lines)
- Key for addition of 2B and 1B is getting 2B to cover first and 1B to duck on one knee
- Occasionally hit grounder to 2B to avoid cheating by 1B and 2B

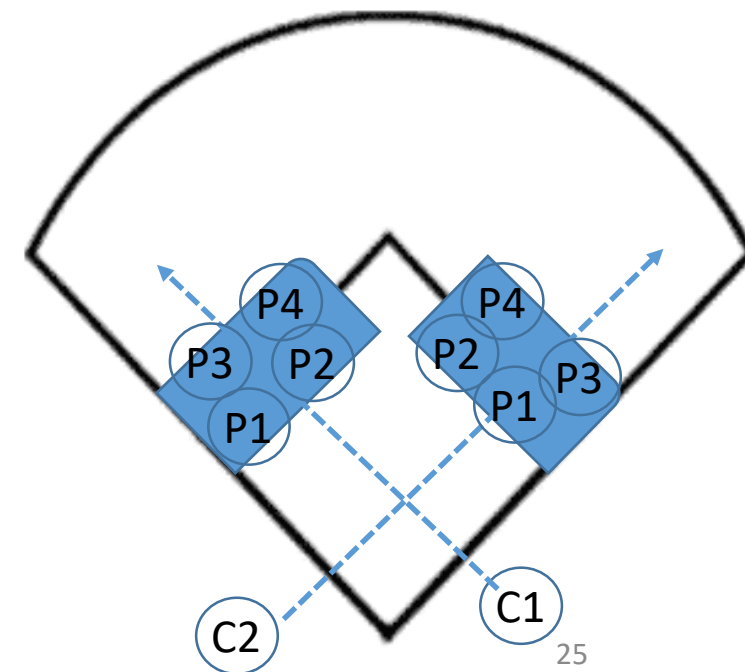


B13 “Be Like Wall” Game

Appropriate for:
6U 8U 10U 12U 14U


- Divide the players in teams of 4
- Create 2 virtual rectangle in the infield
 - Put one whiffle ball 5-10 feet down from 3rd towards home on 3rd base line, and another whiffle ball 5-10 feet behind 3rd base again on the 3rd base line. Line up 2 other whiffle balls 2/3rds towards 2nd base to form a virtual rectangle
 - Do the same on other side of infield, but create rectangle on 1st base side using whiffles
 - The four corners of the blue rectangles in the diagram are where the whiffle balls will reside
- For a team, 2 girls must be in front “row”, and 2 girls behind, inside each rectangle
- C1 rolls or hits the ball to one rectangle, while C2 does the same to other rectangle – usually at same time
- Game is about players trying to block the ball from exiting the back half of their rectangle. If they stop the ball inside the rectangle, or the ball is rolled so it does not pass through the backend of the rectangle, they get a point.
- If fielded, throw back to Coach, but if it gets through, let the ball reside in outfield
- Coaches should move around to make it more difficult and put some zip on the ball but zip should be based on skill/age of girls
- Coaches call out points and first team to 10 wins (ok to have ties)
- Girls learn to move to block the ball, and also call “mine” that they are fielding the ball
- Tell them to “Be like wall” when it comes to fielding / don’t let ball go through
- Girls who were in front row should move to back row the next turn

“I want to be like wall”
- Arturs Irbe,
Former San Jose Shark goalie



B14 “Knock Out” Game

Appropriate for:
6U 8U 10U 12U

- A variation of “Be Like Wall” game but you can have more than 4 on a team
- Two teams of girls line up between 1st and 2nd versus 3rd and H
- They roll grounders to each other and get eliminated from the game when they don't field it cleanly
- The last team/girl standing wins while the losing team does a lap around the bases (??)
-  Key is to “be like wall” and properly field
- Optional to have one ball or 2 balls in play ... depends on age and skill (e.g. if no one is getting knocked out, then intro another ball)
- For safety reasons the ball must be a grounder

B15 “Hit the Stuffie” Game

Appropriate for:
6U 8U 10U 12U 14U

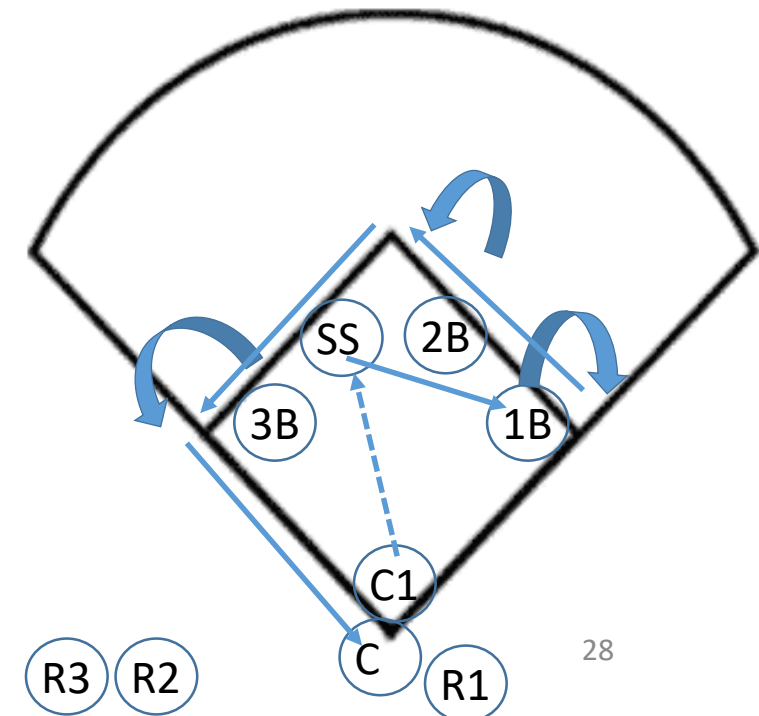
- Coach puts Tee on home plate, extend the Tee as far up as possible, and tie stuffed animal (e.g. “Barney the Dinosaur”) on the Tee
- Girls line up at 3B position in single file line, while Coach is a bit to the right of home plate
- Coach rolls or hits ball to 3B position, girls field and then throw to H, trying to hit the stuffie on tee
- Players hitting the stuffie get a point
- Player with most points win
- Helps girls focus on proper fielding and accurate throwing in a competitive but lighthearted environment
- Alternatively have the girls line up at 2B and position the tee at 1st and have a bownet as a backstop behind 1st base
- For older kids, instead of a stuffed animal, put a ball on top of the tee. You can also move the tee to first base and put a BowNet behind the tee, etc.
- Also for older girls you can have it so the contest is fielding from 3B or SS and throwing to ball on Tee at 1st etc. (ie make the throw longer)



B16 “Beat Me if You Can” Game

Appropriate for:
8U 10U

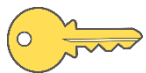
- This is a game that is a competition between the base runner and the infield
- Have a player at each infield position except pitcher (and yes include Catcher who should wear helmet). They must be playing their position, no cheating and camping out on the bases
- Have extra players act as baserunners (must wear helmets!)
- Have Runner 1 a few feet away from home plate (safely away from coach hitting or rolling) and rest of Runners out of the field of play
- Coach 1 hits or rolls the ball to SS (make sure Catcher won't get hit)
- Once the SS touches the ball, Runner 1 goes around all bases
- SS throws to 1B who covers 1st, who throws to 2B covering 2nd, who throws to 3B covering 3rd, who throws to catcher at home
- Runner wins if they get to home before being thrown out at home; infield wins if Catcher tags home plate before runner crosses home
- Next runner comes up and repeat
- Rotate/swap out infielders with runners after few iterations
- Key is learning base running but also importance of throwing ball accurately and catching the ball while covering a base



B17 “Quick Release” Game

Appropriate for:
6U 8U 10U 12U

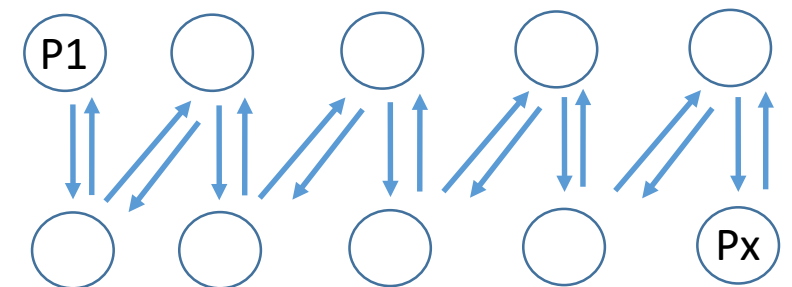
- Form 2 teams of 3 players. Team 1 should line up at 1st base line and Team 2 line up at 3rd base line. Players on each team should be spaced about 5 feet from each other and first player about 10 feet down the line from Home
- Coach 1 and Coach 2 are near pitchers mound, each have bucket and assigned to a team, and about are 10 feet from their respective teams
- An alarm (e.g. using smartphone) is needed that is set to go off after 2 or 3 minutes
- Alarm is started to started the game; game ends when alarm goes off
- A coach throws linedrive in air or rolls grounders to any of the 3 girls on their team, mixing up grounders and throws, and mixing to which girls they throw
- Coach should have ball in hand and one in glove, and once Coach throws should transfer ball in glove to throwing hand, and should throw to players as fast as players can handle
- Each successful fielding or catch AND throw back to the Coach equals a point, and the coach calls out the points earned
- Coach keeps score of points for their team, and team with the most points at end of Game (when alarm goes off) wins
- Goal is to teach (a) all girls must pay attention as they don't know if ball will come to them; (b) they will also don't know if it will be grounder or line drive; (c) must execute successful throw back; (d) emphasizes quick release from glove; (e) forces the girls to call the ball if a grounder between the 2 of them and (f) be in a competitive situation where fielding/catch/throw matters
- General idea of this drill can be found at <https://www.youtube.com/watch?v=wjzrSDYzd2Q> (:00 to :40) but only have 3 players and make it a competition
- Parents can do this drill one-on-one with a player, keeping track of personal bests of # in a row etc. Key is mixing up grounders and linedrives



B18 “Zipper” Game

Appropriate for:
8U 10U 12U 14U

- Divide the players into 2 parallel lines, about 10-15 feet from each other (closer for younger/less skilled, even farther for older/more skilled)
- If they are odd # of players, coach takes one of the positions
- Coach has stop watch (e.g. on smartpone) and says go and starts stop watch
- Player 1 (P1) throws the ball to the player opposite her, then that player throws to player kitty corner to her (ie next to P1 in line), etc.
- When Player X (the last player) catches, then throws it back to the player who threw it to her, and then that player throws back to the person who threw it to her, etc.
- In effect a zipper is formed
- When P1 catches the ball at the end, the coach stops the timer
- Do it 4-5 times, with best time setting the benchmark
- As season progresses, try to beat a record time (e.g. 30 seconds) and promise a treat/snack if they break the record
- Key to this game is to make it so that players focus on accurate throws and catches – a missed throw can cost many lost seconds as a player chases a ball etc.
- For older and/or more skilled girls, space the girls further apart



B19 “Rock Around the Clock” Game

Appropriate for:
6U 8U 10U

- A one-on-one drill that can be done by a coach or parent
- Player lines up about 5-10 feet from Coach. Player should not move their feet for this drill
- Coach should throw the ball like a dart for better aim and less velocity. Key is straight throws and appropriate velocity for skill and age of player
- Coach first throws the ball at the player like a dart at 12 pm (ie near top of the head of the player). Player catches and soft tosses back to Coach
- Coach then throws the ball like a dart at 1pm, player catches, etc.
- Object of drill is to see how far around the clock the player can go, e.g. can they go all around the clock
- Goal of drill is to see if player can catch the ball in different locations around their body, as not all balls will be perfectly thrown to them when they are catching a ball (e.g. as a 1B)
- Coach should emphasize having the player treat their glove and catching elbow like a windshield wiper and also have the player figure when to switch their glove positions to underhand catches (e.g. for 4-6 pm for righty) and when to catch backhand (e.g. 7-8 pm for righty)



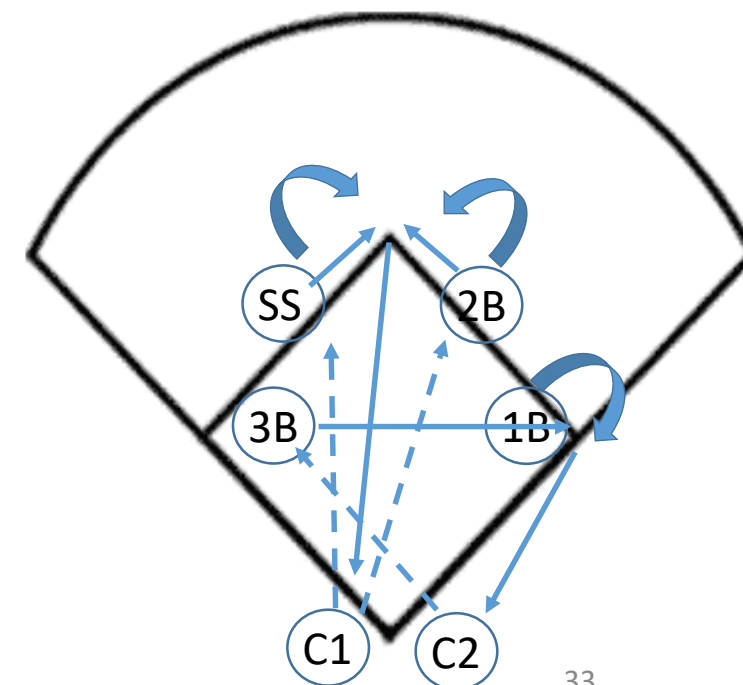
Intermediate Drills

Goals: (a) get the girls to think what base they should cover based on where the ball is hit (“Ball → Base → Backup” concept); (b) learn how to back hand balls; (c) move sideways to the ball if the ball is hit to the right or left of them; and (d) get players to think about how they should throw the ball with a quick release

I1 Infield Crossfire Drill

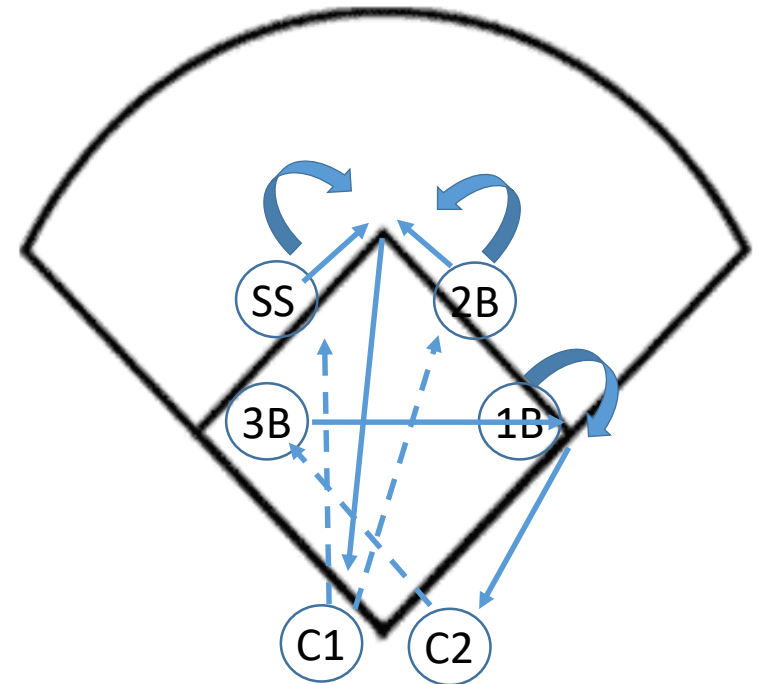
Appropriate for:
8U 10U 12U 14U

- For 4 to 12 players
- Have a player at 3B, SS, 2B and 1B positions. Backups 10 feet behind each player at each position. Evenly distribute backups behind each position (e.g. if 12 players, then 1 3B and 2 backups 10 feet behind 3B etc.)
- Need 2 coaches (C1 and C2). 8U to 10U they will roll balls; for 12U+ they hit
- Every player in normal fielding position, no cheating
- C2 hits ball to 3B who throws to 1B who covers 1st
- Independently C1 hits to either 2B or SS (mix it up) who then throws to other who covers 2nd
- Players at 1st or 2nd who catches ball either puts ball in bucket near base OR 1B throws to C2 and player on 2nd throws to C1 (see next slide for flow)
- After each player fields or catches, they go to end of the line at their position and backup takes position (ie 3B stays at 3B as backup)
- After each player gets 4 or 5 reps, then rotate (e.g. all 3Bs go to SS etc.)
- Continue rotation until all players have rotated to cover each base
- C2 may occasionally hit to 1B to keep 1B honest and not cheat



Multiple Keys to this Drill

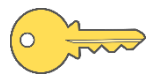
- Players must be alert as they will be fielding/catching ball frequently (e.g. if 12 players, every 3rd time; if 8 players every 2nd time; just 4 players all the time)
- Players at 2B and SS must react to covering 2nd if ball is not hit to them; no cheating as they don't know where C1 may hit/roll ball to. This enforces "Ball → Base → Backup"
- All players experience different positions and must remember to throw to C1 if covering 1st or throw to C2 if covering 2nd (so also drills the players on throwing ball to home from 1st or 2nd)
- Also no cheating at 1B as sometimes C2 should hit/roll ball to 1B



I2 Basic Backhand Drill

Appropriate for:
8U 10U 12U 14U

- Have players line up in multiple lines in infield
- Place bat in front of each line, have first girl at the bat, and others in line 5-7 feet behind the first girl
- Player should stagger feet across bat as shown in photo
- Have coach or player ball to player in each line (ie one roller per line)
- <https://www.youtube.com/watch?v=HNF1DAGCm1Y> (1:20 to 2:10)
- Girls just soft toss back to coach
- Key here is get use to fielding with backhand using proper form



13 Basic Move Horizontally Drill

Appropriate for:
8U 10U 12U 14U

- Have players line up in multiple lines in infield (e.g. one at SS and one at 2B positions)
- Coach in front of each line about 15 feet
- Coach should roll ball to the right of the player in the line, forcing them to move horizontally (vs. having the ball coming straight to them)
- <https://www.youtube.com/watch?v=-NnbsNCCaRU> (:45 to 1:30)
- Girls just soft toss back to coach
- Don't let the girls cheat and start running before ball is rolled
- After maybe 10 each to the right, then repeat by rolling to the left (vs. right), or better yet, mix left or right
- This is not having them backhand the ball, so don't go too wide, that is next drill



I4 Move to Backhand Ball Drill

Appropriate for:
8U 10U 12U 14U

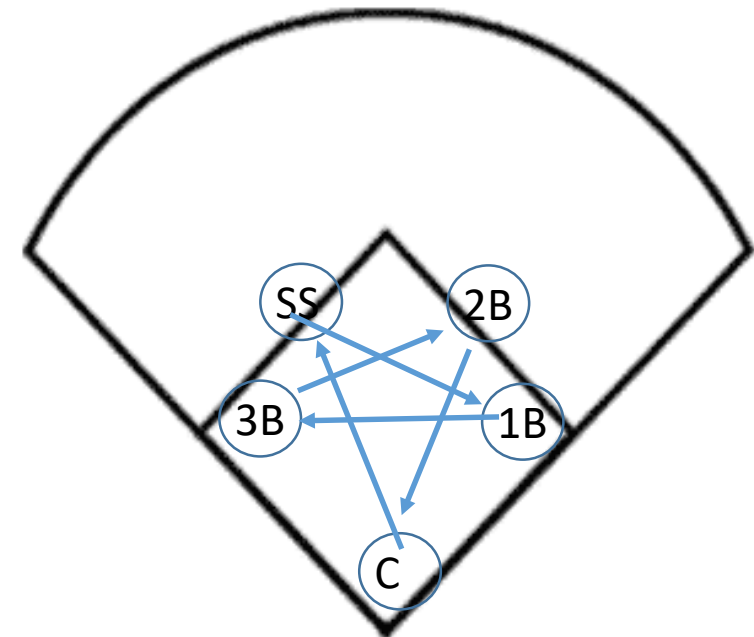
- Have players line up in multiple lines in infield (e.g. one at SS position and one at 2B position)
- Coach in front of each line about 15 feet
- Coach should roll ball to the left of the player in the line, forcing them to move horizontally (vs. having the ball coming straight to them). Ball should be rolled a bit further from the girl to force a backhand
- <https://www.youtube.com/watch?v=-NnbsNCCaRU> (2:18 to 2:50)
- Girls just soft toss back to coach
- Don't let the girls cheat and start running before ball is rolled
- Goal is to have them backhand ball (for leftie roll ball to the right) – but only backhand if really wide



15 Star Drill

Appropriate for:
10U 12U 14U

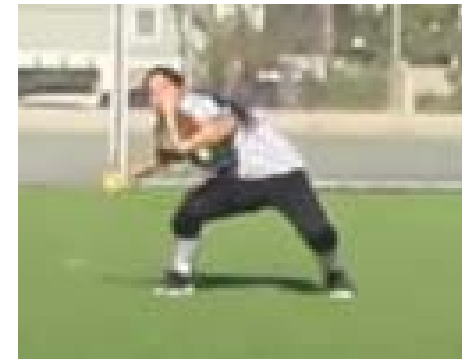
- Have the players at all the infield positions except P. Players are at their positions, not covering bases. Drill starts at C
 - C throws to SS
 - SS throws to 1B
 - 1B throws 3B
 - 3B throws to 2B
 - 2B throws to C
- For younger and less experienced players, have them creep a bit into the infield and closer to home. Again don't throw to the base, throw to the position to make the throws not as distant
- In case you have more than 5 players, you can evenly distribute players between the positions, so after a player throws and catches, then next person in line at a position takes the spot. Rotate every so often, e.g. SS to 2B, 2B to 1B, 1B to C, etc.
- Alternatively, and involving more exercise, after throwing to a position, the thrower runs to the end of the line where they threw the ball, e.g. C throws to SS, then C runs to the end of the line at SS position, so everyone gets to throw and catch to every position, and gets good exercise
- Have extra balls near each position in case of errant throws so as to not slow the drill down
- Key is throwing accurately to each position and doing in repetitive manner



16 Sidearm Toss Drill

Appropriate for:
12U 14U

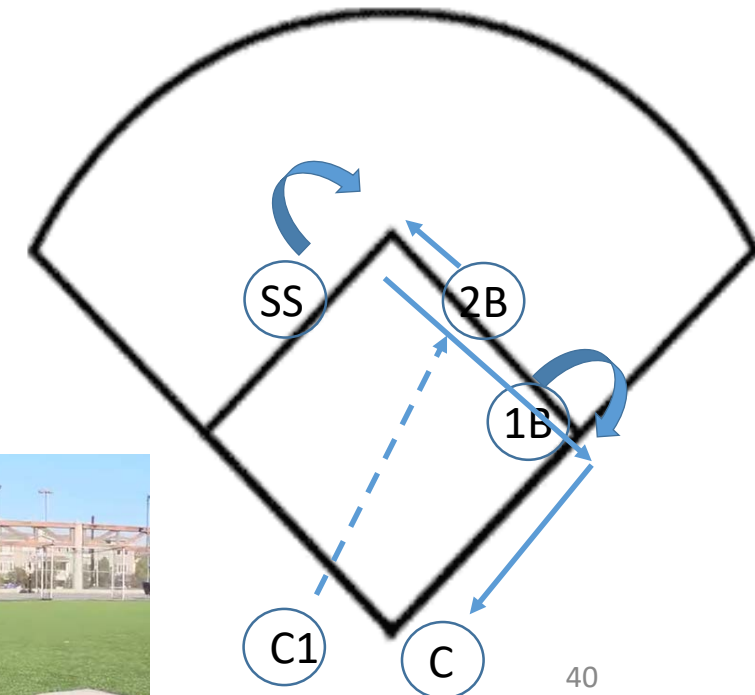
- Often when an infielder needs to make a quick throw to a base, they don't have time to normally set up, but need to quickly throw to a base, e.g. 2B or SS throws to 2nd
- Thus a side arm motion should be taught without moving feet
- This drill has 2 rows of players about 15-20 feet from each other, each player has partner in other row.
- Ball is placed on ground next to the shoe on their throwing side. Player picks up ball and throws side arm to partner. Ball is caught and then placed on ground and then thrown back side arm
- Drill teaches quick sidearm throws without moving feet
- See https://www.youtube.com/watch?v=ebzE3gd9g_w (:10 to :38)



17 Double Play Drill

Appropriate for:
12U 14U

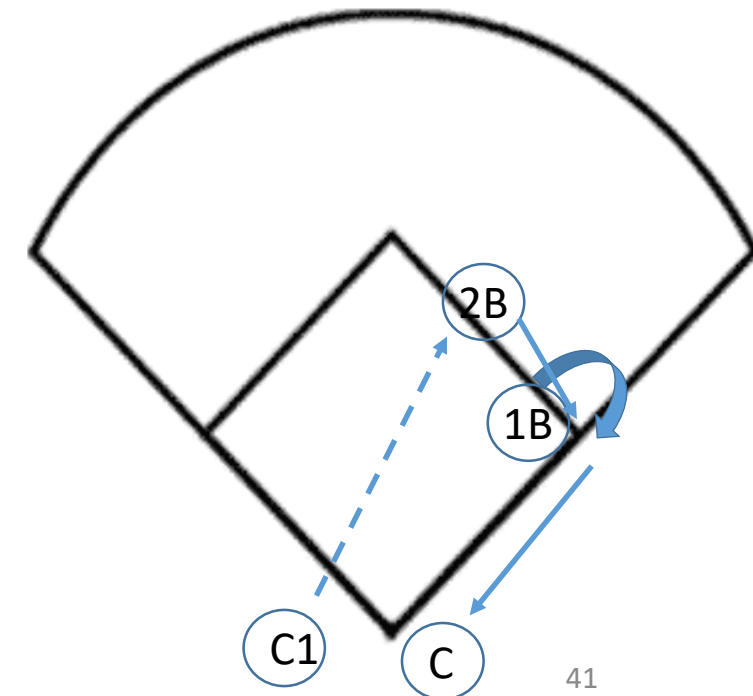
- Divide players evenly between SS, 2B and 1B (in lines). Have one player act as Catcher
- Coach C1 hits the ball to 2B who flips or sidearms to SS who covers 2nd, who catches the ball and moves away from 2nd (so as not to imaginary runner coming from 1st) then throws ball to 1B who has moved to cover 1st
- 1st then throws to Catcher who returns ball to Coach or puts ball in bucket
- After fielders have fielded ball, they go back to the end of the line in their position
- After a few iterations, SS lines goes to 2B, 2B goes to 1B, 1B goes to SS, also pick a new catcher
- Key is quick release from 2B to SS and accurate throws from SS to 1B and 1B to C. Also teach how SS properly covers 2nd during double-play and throw to 1st
- After one full rotation, then coach C1 moves to 1B line and hits to SS who initiates the double play. Coach should be careful to swing far away from the Catcher
- Optionally to speed up drill or for less skilled players, coach sits on bucket at Pitchers mound, rolls ball to 2B, and 1B puts the ball in bucket near base.
- See https://www.youtube.com/watch?v=ebzE3gd9g_w (:43 to 1:55 for 2B to SS; 1:56 to 2:40 for SS to 2B)
- Alternatively mix it up, sometimes hit to 2B or SS to enforce “Ball → Base → Backup” mentality



18 Second to First to Home Drill

Appropriate for:
12U 14U

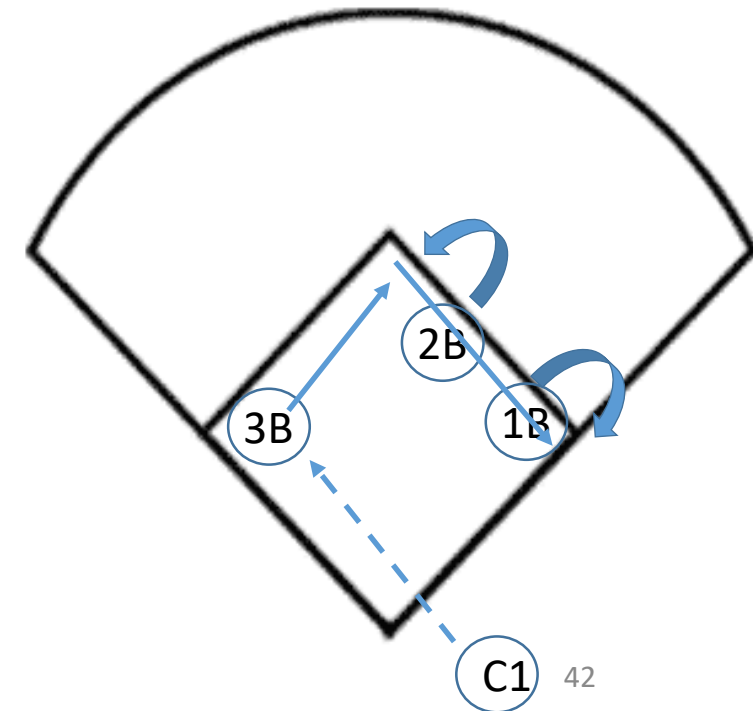
- Goal of this drill is to get the hitter out at 1st but also get out the runner heading from 3rd to Home
- Divide players evenly between 2B and 1B (in lines). Have one player act as Catcher
- Coach C1 hits the ball to 2B who flips or sidearms to 1B who covers 1st who catches the ball and then quickly throws to Catcher who then returns ball to Coach or puts in bucket
- After fielders have fielded ball, they go back to the end of the line in their position
- Key is quick release from 2B to 1B and accurate throws from 1B to C
- After one full rotation, then rotate lines at 2B and 1B
- Optionally to speed up drill or for less skilled players, coach sits on bucket at Pitchers mound, rolls ball to 2B, and C puts the ball in bucket near base.
- See https://www.youtube.com/watch?v=ebzE3gd9g_w (3:55 to 5:10)



19 Third to Second to First Drill


Appropriate for:
12U 14U

- Variation of double play drill but this time the coach hits or rolls the ball to 3B who throws to 2B covering 2nd, who throw to 1B covering 1st
- Coach can hit or roll the ball to third (if roll Coach can sit on bucket closer to 3B and roll it from the bucket) and 1B can put ball in a bucket
- You can have a line a 3B and/or 2B and/or 1B depending on how many players you have
- Key is quick and accurate throws
- See https://www.youtube.com/watch?v=ebzE3gd9g_w (5:45 to 6:40)



I10 Four Corners/Around the Horn Drill

Appropriate for:
12U 14U


- Divide players evenly between the 4 bases, with line for each
- Start at home, and have C throw to 1B, who throws to 2B, who throws to 3B who throws to home.
- Have extra balls near each base in case of errant throws
- After player throws and catches, goes to back of their line (so at start of drill catcher will initiate the drill, but not go to back of line)
- <https://www.youtube.com/watch?v=JG0HKOTTh7MY> (:05 to :40)
- Variations: You can then have players turn to outside after catching (:40 to 1:05), then later tag and then throw (1:05 to 1:50), then later tag and turn to outside (1:50 to 2:00)
-  Key is quick release, accurate throw and footwork



I11 Expanding 4 Corners Drill

- Coach should draw markers in the dirt $1/3^{\text{rd}}$ and $2/3^{\text{rd}}$ the way from home to 1B along 1st base line. Do the same from Home to 3B along 3rd base line and from Home to 2B.
- Position catcher at home and a player at each of the $1/3^{\text{rd}}$ positions for a total of 4 players
- Catcher throws ball to player on first base line. That player catches and throws to person at the $1/3^{\text{rd}}$ position towards second. Once a player catches and throws, they should immediately go to the next marker on their line (e.g. to the $2/3^{\text{rds}}$ marker) and be ready for their next throw and catch. The player on second catches and throws and then moves to $2/3^{\text{rd}}$ marker etc. Catcher is only player that remains in same position. The last marker is the actual base, so in effect each player gets throw and catch 3 times in an expanding four corners.
- Once the last throw from 3B to Home happens, catcher puts the ball on home plate and everyone rotates (e.g. catcher is now on the $1/3^{\text{rd}}$ marker along 1st base line), and the 3B player who is now catcher starts the drill again. Everyone should play all 4 positions.


I12 Sidearm Flip Drill

- Have players line up at 2B position, and place Bownet or Coach at 2nd base
- Coach rolls the ball to the left of the 2B position. Player fields and side flips the ball to Bownet or Coach at 2nd
-  Key here move sideways, sidearm flip for quick release to SS covering 2nd to get the force out at 2nd base
- See <https://www.youtube.com/watch?v=QKepeD8jcno> (1:38 to 1:55)



I13 Infield Loop Drill

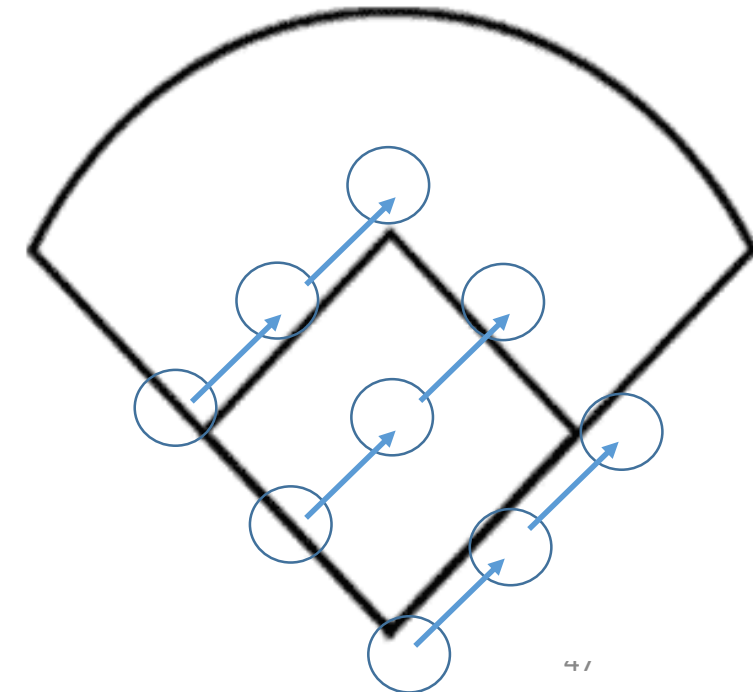
Appropriate for:
10U 12U 14U

- 3-5 fielders form a line at 3B, and a 1B or a Coach are at 1B position. Place bucket at 1B
- Place a softball on the mound
- Coach with bucket at Home hits to the first fielder at 3B. 3B fields the ball and throws to 1B who after catching puts ball in throwing hand (emptying their glove)
- Player then runs to the ball on the mound and throws it to 1B. 1B puts their 2 balls into the bucket
- The fielder runs around behind 2nd, fields another ball hit to the SS position, and throws that ball to Coach at home
- The Coach rolls a ball out to the same fielder, who is charging toward home. She fields that ball and places it on the mound
- The drill continues with the next fielder
- Optionally and with older girls, have C at Home, so 1B when receiving the ball from 2B also throws both balls to Catcher at Home (so no bucket at 1st) and when fielder fields first ball at SS position, throws to Catcher at Home (vs. Coach)
-  Key here is having player learn to charge the ball and adjust to throwing to 1B for 2 throws and then to C

I14: 3x3 Drill

Appropriate for:
10U 12U 14U

- In the infield, form 3 x 3 lines as shown in the diagram, but have all players physically remain in the infield (e.g. players along 3B line could be in foul territory and players along 1B to 2B “line” can be beyond the base path and near the outfield grass)
- Have the 3 players on the 3B base line (the 1st line) each have a ball
- The players along the 3B line (the 1st line) roll a grounder to their counterpart in the middle line (2nd line), who then properly field and then turn (should turn leading with glove arm) and throw to their counterpart in the third line. The players in the middle line then remain facing the 3rd line
- Players in the 3rd line catch and then immediately send the ball back by rolling a grounder back to the middle line, who field, turn and throw back to the players in the 1st line.
- After 5-10 throws, the lines rotate, so players in the 1st line are now the middle line, the middle line is in the 3rd line, and the 3rd line is now the 1st line. Repeat until everyone has had a turn in each line
- After everyone has done each of the three lines, repeat the drill, but have the players throw the ball to each other. Players in the middle line should position their bodies sideways (with throwing arm closest to where the ball is coming from) when catching for fast catch and throw, i.e. it becomes more of a relay drill
- Goal is to make the drill fast pace, and even make it a contest who can do 10 the quickest



I15: Infield Range Drill

Appropriate for:
10U 12U 14U

- Purpose of this drill is to develop range
- There should be a line of 4 fielders lined up at 1st base, and a line of 4 fielders at 3rd base
- One coach is at Home with a bucket of balls, and another coach is at 2nd base with a bucket of balls
- For the line at 1st base, the coach at home hits (or rolls) the ball towards the 2B position (e.g. $\frac{1}{2}$ between 1st and 2nd base). The player is forced to move to the right and field the ball, and once they field it, they put it in the Coach at 2nd's bucket, goes around the coach/2B, and goes to the line at 3rd base
- For the line at 3rd base, the players face the coach at 2nd base, and the coach at 2nd base hits (or rolls) the ball about $\frac{1}{2}$ towards home plate. The player fields the ball and puts the ball in the coach at home's bucket, goes around home plate and joins the line at 1st base
- If a player misses a ball, let the ball go, and the player should circle the coach and go to the next line
- To practice moving in the other direction, the coach at home hits the ball to the line at 3B at about $\frac{1}{2}$ between 3B and 2B, while the coach at 2nd base hits about $\frac{1}{2}$ between 1st and Home for the line at 1st base

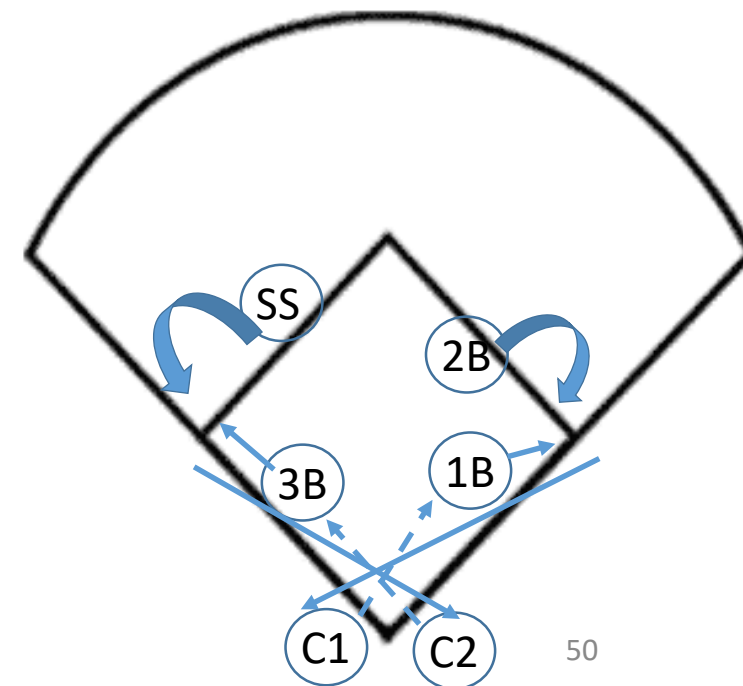
Advanced Drills

Goals: (a) thinking about and properly reacting to bunts; (b) hold a runner at third; (c) reinforce proper form for fielding balls; and (d) working on relays from outfield

A1 Infield Crossfire + Bunt Drill

Appropriate for:
10U 12U 14U

- For 4 to 12 players
- Have a player at 3B, SS, 2B and 1B positions. Backups 10 feet behind each player at each position. Evenly distribute backups behind each position (e.g. if 12 players, then 1 3B and 2 backups 10 feet behind 3B etc.)
- Need 2 coaches (C1 and C2). 6U to 10U they will roll balls; for 12U+ they hit
- Every player in normal fielding position, no cheating
- C2 hits a bunt to 3B who throws to SS who covers 3rd (scenario is runners on 1st and 2nd, so get force out at 3rd)
- Independently C1 hits bunt to 1B who throws to 2B who covers 1st (scenario for 1B and 2B is that no one is on base)
- SS throws ball back to C2; 2B throws back to C1 (see flow chart on next page)
- After each player fields or catches, they go to end of the line at their position and backup takes position (ie 3B stays at 3B as backup)
- After each player gets 4 or 5 reps, then rotate (e.g. all 3Bs go to SS etc.)
- Continue rotation until all players have rotated to cover each base
- C2 may occasionally hit to SS (who should throw to 3B) to keep SS and 3B honest and not cheat. Same with C1 should occasionally hit to 2B who throws to 1B at 1st



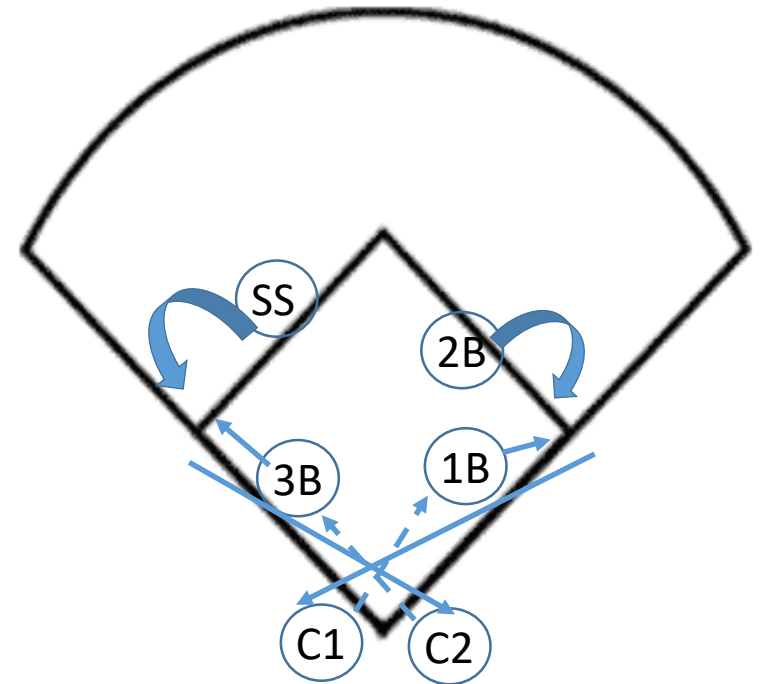
Keys to this Drill



- Key is how to field and play a bunt especially for 1B and 2B
- Players must be alert as they will be fielding/catching ball frequently (e.g. if 12 players, every 3rd time; if 8 players every 2nd time; just 4 players all the time)



- No cheating. Coaches should occasionally hit directly to SS or 2B in case they are cheating bunt
- All players experience different positions and must remember to throw to C1 if covering 1st or throw to C2 if covering 3rd (so also drills the players on throwing ball to home from 1st or 3rd)



A2 Hold the Runner at 3rd Drill

- Have fielders at 3B, SS, P, 1B and C – i.e. all infield positions but 2B
- Have a runner at 3B wearing helmet and a runner near home (but away from coach who is hitting) also wearing helmet
- Coach hits ball to either 3B or SS, or bunts to pitcher (and then gets out of way)
- Runner at home runs to 1B when ball is hit (as if they hit the ball)
- Runner at 3B decides if to run to home based on fielding of play ... if throw goes to 1B then they should look to go home and score run
- Fielder at 3B or SS or P must look at runner at 3B, try to hold the runner at 3B and then try to get runner out at 1B
- 1B needs to cleanly catch the ball and look to gun the ball to Catcher at Home if the runner at 3rd breaks for home to get double play
- C at Home needs to cover H and tag runner (i.e. not a force). Runner at 3rd may need to slide
- If ball is hit to 3B, ok for 3B to pump fake throw to 1B to draw the runner to go home, or if hit near 3rd, to tag runner out if runner taking too big of a lead or not paying attention to 3B
- OK for SS and P to also fake throw to 1B to see if runner at 3B breaks too early for home, and make play at H
- Key is that infielders should not blindly just throw to 1st, infielders needs to be cognizant of runner at 3rd and try to hold. Infielders can be clever and try to fool runner into prematurely breaking H. But at very least key is to at least get runner out at 1B. Runner at 3B needs to show judgement on when to break to H.



A3 Forehand and Backhand Drill

Appropriate for:
12U 14U

- Each player gets a partner and stands 10 feet away
- Forehand drill
 - Get in athletic position and then players should rotate hips to forehand
 - Roll ball to each other so for a righty they would fieldball to the left of the their left foot
 - See <https://www.youtube.com/watch?v=rmJQoLK4Vos> (5:10 to 5:27)
- Backhand drill
 - Flip flop the hip rotation
 - Roll to each other doing backhands
 - See same video (5:27 to 5:53)
- Goal of this drill is for players to practice forehand and backhand fielding without coaches involved



Forehand drill



Backhand drill



A4 Behind the Back Drill

Appropriate for:
12U 14U

- To help players not ostrich but to bend knees and get butt down, have players roll ball to each other but field ball with glove behind leg (see middle screenshot below)
- See <https://www.youtube.com/watch?v=rmJQoLK4Vos> (3:45 to 4:15)



A5 Suicide Squeeze Drill


Appropriate for:
12U 14U

- To practice fielding bunts and suicide squeeze from third, have 3B and 1B play in, P on mound and Catcher behind plate
- Pitcher pretends to throw ball
- Coach at plate has ball in hand and bunts the ball with bat – Coach should mix up bunts (some to 1B, some to P, some to 3B etc.)
- Goal is for all 3 fielders to crash, communicate to catcher who has coverage, and flip to catcher who simulates making tag at home
- <https://www.youtube.com/watch?v=CnER2w-lwxA> (1:45 to 2:10)




A6 Relay Drill

Appropriate for:
12U 14U

- Have players line up about 10 feet behind 2nd and face Centerfield position
- Coach 1 relays the ball from Centerfield position to the player, who catches ball and rotates and throws to Coach 2 at pitchers mound
-  Key to this drill is infielder positions body to catch ball near shoulder of glove side so player can better rotate and make continuous motion to throw to infield
- <https://www.youtube.com/watch?v=UGJhKxyo2z0> (0:10 to 0:40)



A7 Relay to Third Drill

- Have players at 2B 3B and RF positions, and runner with helmet on at 1st base. Coach has bucket of balls and positioned between pitchers mound and 1B line
- Coach yells “go” and runner starts run to 2nd and then on to 3rd ... runner does not stop at 2nd but is in continuous motion to 3rd
- Once runner passes the imaginary line between coach and RF position (e.g. about 1/3rd from 1st to 2nd), the coach throws the ball to the right field area (i.e. ensuring the ball is thrown behind runner and therefore runner is not hit by ball thrown by coach) as if it were a groundball hit between 1B and 2B position
- RF fields ball and throws to 2B who acts as relay and then throw to 3B covering 3rd who must tag out runner
- Competition is between fielders and runner to see if runner can make it safely to 3rd. Runner should slide if need be into 3rd
-  Key to drill is 2B positioning themselves as part of an imaginary straightline from where the ball is fielded by RF and 3rd base, as well as RF and 2B making quick release and accurate throws
- 3B should also not obstruct runner coming into 3rd especially for safety reasons
- Optionally add in LF to act as backup to 3B to teach Backup
- Variations of this drill can have runner at 2B and ball is hit to CF, with 2B trying to make throw at home to C

A8 Tag Up and Relay to Home Drill

Appropriate for:
12U 14U

- Have LF, SS and C in the field and runner at 3rd with helmet
- Coach is at Home plate and hits fly ball to LF
- Runner at 3rd tags up when ball is (hopefully) caught by LF, unless the ball is clearly hit too shallow
- LF makes catch and either (a) crowhop and throws all the way to home if ball is shallow; or (b) throws to SS who acts as relay if ball is hit deeply
- SS acts as relay and positions themselves as part of imaginary line from where ball is caught and home. SS throws home
- C applies tag at Home but does not obstruct



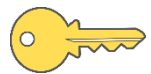
- Key for LF is to determine if runner is tagging up, if they should throw to home or SS based on depth of ball, if throwing home then properly crow hopping, etc.



- Key for SS is proper positioning to act as part of straight line from LF to Home and catching ball near shoulder of glove side and quick rotation and release to get ball home



- Key for C is to not obstructing runner and making proper tag out



- Key for runner at 3B is to determine if they should tag up, to not leave too early, etc.

- Rotate runners and fielders

- This drill can be done without runners, and instead have LF and SS, and RF and 2B, with one coach on one side of plate hitting to LF and another coach on other side hitting to RF, and SS and 2B relay to the coach who hit the ball to their fielder