

Infield Drills

Bare Hand Soft Toss-Fielding Technique

Equipment: indoor softballs

1. Players should partner up and have one indoor softball per group.
2. Standing 1 metre apart, players will lightly throw the ball to the other. The player receiving the ball should practice catching. 10-15 reps.
3. Next try rolling grounders at one another. You can adjust the distance for safety purposes.
4. Next practice pop flies.

Watch for:

- Proper fielding techniques:
 - Two hands and tracking pop flies
 - Proper trapping of the ball on grounders

Mix it up:

- Have a challenge round where teams have to catch as many balls in a row in one minute. All losing teams have to run a lap.

Tagging 2nd and SS

Equipment: softball, coach pitcher, runner, SS or 2nd baseman

1. Coach should pitch to catcher (from close distance, move back as they get better)
2. Catcher must see if the runner is stealing-instinctually throw to second
3. SS or 2nd must communicate who has bag-one backs up throw, other tags

Goal:

- Communicate who has bag
- Work on moving from ready position to tag position
- Tag with 2 hands

Variations:

- Have CF run in to cover as well

Routine Ground Balls

Equipment: ball, bat, glove

1. Have the players line up at a position (1st, 2nd, SS or 3rd-choose 1)
2. Hit ground balls/pop ups to player

3. Field and throw to 1st

Goal:

- Making routine plays natural and consistent
- 2 hands when fielding
- Charging the ball, staying square, keeping it in front

Variations:

- Change where the play is
- Hit the ball wider to left or right
- Add pop ups/line drives

Turn Around Drill

Equipment: bat, ball

1. Have player line up facing backwards
2. On your count, have them turn around and charge the ball you hit to them

Goal: quick reaction time and charging the ball

Watch for:

- Proper fielding technique
 - Two hands
 - Chest up
 - Charging the ball (keeping it in front too)

Dive Drill

Equipment: ball, mat

1. Have player kneel on a mat
2. Throw a ground ball just out of reach
3. Have player dive for the ball, make a quick recovery and throw back

Goal: fielding difficult balls, making clean plays

Watch for:

- Accurate throws back