

## Defensive Drill Series

### Infielder Sequence

1. Roll ball and pick through or funnel (middle, forehand, backhand) 8 – 10 reps each
2. Roll to throwing position
3. Short hops
4. Short hops to throwing position
5. Dead ball – simulates slow roller  
Pick ball off inside of glove foot – 1 – 2 – throw
6. Tags
7. Short hop tags
8. Double play feeds  
SS - ball above elbow, flip  
2B – drop to knee and throw, flip, option flip  
1B – clear and throw  
3B – step and throw
9. Dive Drill

### Outfield Drills

1. Fly balls each direction
2. Reverse angle (coach points in one direction and throws the ball in the other direction)
3. Run throughs – ground ball and hit the cutoff
4. Short hops
5. Ball over the head
6. Sit downs catching sinking liners

### Catcher Drills

1. Framing – Keep strikes, strikes. Get marginal calls. Help your pitcher and umpire.
  - Be subtle, smooth and soft.
  - Use ankle sway, do not turn. Keep shoulders square.
  - Wrist should be comfortable, neutral and not a “flipper”.
  - Catch the ball close to the plate (arm extended).
  - Low ball – thumb down, elbow up
  - High ball – pull down like a shade
  - Pull ball into frame – quick hands

#### Drills:

1. Dry frame ( no ball ) – paint the frame, mirror partner
2. Live frame
  - Partner 5 – 10 feet variety of backhand flips
  - Partner 20 – 30 feet variety of throws
3. Tennis balls – develops soft hands
2. Blocking
  - Glove goes down first to ground, perpendicular to ground, and stays down. Do not want ball to hit glove.
  - Drop to knees. Gain ground to cut distance to the ball. Make a “C” with your body. Think body over glove.

- Round shoulders, stay wide and big. Look ball into chest.

#### Drills

1. Dry blocks ( no baseball ) Hands do not move. Just move hips and feet to get into proper position. 3 balls in front of plate. Coach points to a ball. Catchers move into blocking position.
2. Live blocks (with baseballs) Sit and get hit. Use reaction balls.

#### Throwing

- Must get to normal power T position in order to throw. It all starts with the reception of the ball. Keep butt down, beneath the ball until you receive it. Don't leave ball behind you.
- Hips must always be under shoulders: As you receive, shoot out and throw.
- Footwork – Pivot on pitches to the right. (Load on right foot)  
Jump shift for pitches center to left (Crow hop towards second)
- Keep closed, feet shoulder width apart, move towards second

#### Drills

1. Dry throwing to second (footwork and weight shift)
2. One knee – partners 20 – 30 feet apart work on receiving and quick release.
3. Throw to second base.
4. Drop, Block, Step and Throw to second – know when to throw and when not to throw
5. Dry picks to first
6. Throw to first
7. Dry throws to third
8. Throw to third – Step behind and step forward

#### Fielding Bunts

- Always sweep up ball using two hands
- Footwork
  - Inside turn: Go through the ball Ball is in middle or first base line
  - Inside turn: Clear first base line by back shuffle (Balls near 1B line)
  - Outside turn: Ball up third base line. Step over the ball, turn outside

#### Drills

1. Drop ball and sweep ball and get into T position
2. Line drill. Have 4-5 balls in a row about 6-8 feet apart. Catcher sweeps each ball.
3. Coach roles balls in all directions

#### Tag Plays and Blocking the Plate

- Catch the Ball!
- Punch out tags (hold ball in throwing hand covered by the glove) step out in front of the plate, as you catch the ball step directly into baseline with foot and knee directly facing third base. Stay low. After tag spin back into infield ready to throw
- Sweep tag – same steps as in punch out tag, but if you have less time rather than stepping onto the baseline, you sweep runner as he goes by, keeping your body out of the baseline.