

INFIELD FIELDING

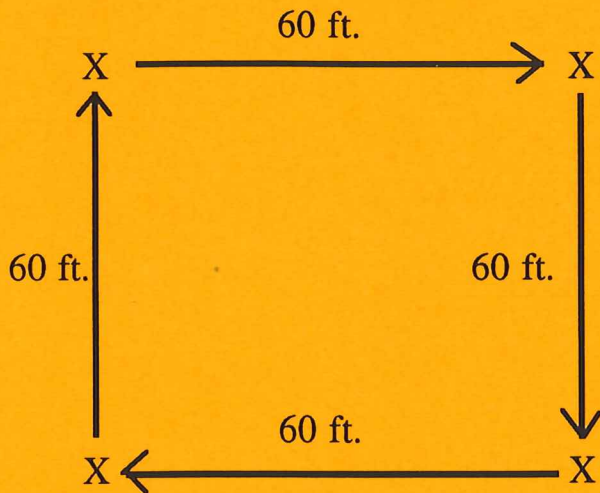
OBJECTIVE: PERFECT FIELDING POSITION

Drills:

1. Upper Body Isolation (on knees - "Ozzie Smith" drill)
2. Barehand
3. Glove Only - throwing hand behind back
4. Short hop - throwing hand on top of open glove
5. Forehand
6. Backhand (spread fingers)
7. Long hop
8. 1-2 field, 1-2 "T"

Other Drills

- A. Four-corner Drill: Clockwise pivots, counter catch move to ball like a catcher, load and throw, or spin and throw.



- B. No ball drills (movements of double play feeds and pivots without a ball)
Advance to ball already in glove
Advance to short hop roll
- C. Pick the hop
Always field a short hop or big hop - no "tweeners"
Throw bouncers - fielders charge and choose the hop
- D. Charge drill
Force the charge - fast runner or slow roller
Bang-Bang play at first
- E. Lead Pass - Like QB to WR - looking over rt. shoulder, ball over left shoulder - adjust.
- F. "Joe Torre" drill (Indoor drill off the wall with partner standing behind fielder)