

INFIELD PROGRESSION

Key Points;

- “Dominate the ball”, don’t let the ball roll into your glove
- 2 hands on easy grounders, 1 hand on others...let them be athletes
- Right/Left footwork with momentum created to where you want to throw

1.NO GLOVE PARTNER ROLL (5 per) – A) 2 Hand Funnel. B) 1 Hand Glove Side. C) Backhand

- Partner rolls 5 underhand (for each A B C), toss back, switch roller/receiver.

2.GLOVE PARTNER ROLL (5 per) – A) 2 Hand Funnel. B) 1 Hand Glove Side. C) Backhand

- Ball under chin/Cap in Mouth to ensure watching ball into glove

3. SHORT HOPS (5 per) – A) 2 Hand Funnel. B) 1 Hand Glove Side. C) Backhand

- Partner tosses overhand. Land the ball 1 foot in front of each A B C

4. SHORT HOPS TO THROW (5 per) – A) 2 Hand Funnel. B) 1 Hand Glove Side. C) Backhand

- Field the short hop then quickly to Power T. Toss back to partner

5. PICK THE HOP (15 per / switch every 5) - Partner slow pitch toss 8-10 ft in air

- Must let ball hit ground then Pick the Hop. Vary forehand, backhand etc

6. MOVE AND FIELD (3min) – 2 Teams, 1 Coach per team, 2 cones, 4 grounders then rotate

- Player moves from cone to cone while coach throws grounders.

7. SHORT HOP GAUNTLET (6min) – Competition!!! 2 Teams, 1 coach per team

- Coach throws short hops. 1 point for clean field. 2 Minute Games
- 1st round total points / 2nd round switch coaches / 3rd round Championship