

# Drills

## "4 Corners" (mostly infielders)

### 1) "Quick Feet"

- Throwing quick & accurate
- Change direction after four or five times around

### 2) "Slow Rollers"

- Roll ball slow to the left
- Person fields it & throws on the run
- Always throw across square

### 3) "Ground Balls"

- Roll normal ground balls
- Field & throw across

## "Short Hops" (mostly infielders)

- Get into partners
- Throw short hops to each other
- Reach out for a ball & field smoothly

## "Soft Hands"

- Without a glove
- Field tennis balls rolled on the ground
- Coach/player rolls ball
- Players field it & put it in bucket
- May have them throw ball back

## "Quick Hands"

(helps get ball out of the glove)

- Coach/player quickly feeds 1 player 10 balls
- Player is to catch & throw the ball quickly to a player at 2<sup>nd</sup> base before

the next ball is fed.  
-Focus on quick feet

### **"Around the Outfield"**

(good for conditioning)  
-Start on the left field line  
-Coach/player hits ball to the left field  
-Player fields ball rolls it into the infield  
-Player runs to CF because the next ball is on it's way  
-Same for RF  
-Stop at RF line  
-Everyone goes then & comes back

### **"Tunnel"** (outfield)

-Put lines down 4-6" apart with a line between both of them.  
-Player starts on either side even where the line starts  
-Ball is rolled down the middle line  
-Player must circle it & field ball in tunnel and continue through & throw

### **"Fly Balls"**

(outfield possibly infield)  
-Player must get behind fly ball & let it drop at feet

### **"Bare hand Fly balls w/Tennis balls"**

-Player drop steps left and coach or player tosses a tennis ball in the air. Player is facing you.  
-Must use soft hands  
-Make them use their fielding hand  
-Change direction after 7 or so.

## (Conditioning)

### "Foul Lines"(very tiring)

- Players get into groups so their are about four.(less groups more tiring)
- A good order
  - 1)jog
  - 2)jog 3/4
  - 3)3/4 sprint
  - 4)sprint
- From one foul line to the other counts as one
- Possible to divide one in half
- So far first, I jog up, everyone goes. As soon the last group passes coach. first group goes again.
- When the group passes the the coach the next group starts.
- The 2<sup>nd</sup> one they would jog to the coach and  $\frac{3}{4}$  speed to the line. Same up and back.

### "Basic Baserunning"(not real tiring)

- Have them run different situations
- Possible order
  - 1)jog to first to get loose
  - 2)sprint thru first
  - 3)round first like ball hit into left field
  - 4)round first like ball hit into right field
  - 5)double
  - 6)triple
  - 7)home run
  - 8)start them at second, base hit, scoring

**"Hit & Fetch"**(really fun and tiring)

- Two teams
- One on offense and the other divides team in half, half at first & half at third
- The team on offense will hit either off soft toss, live or a machine
- They hit the ball and try to touch as many bases as possible before the 1 player on third and the 1 player on first both touch the ball.
- Keep track of the teams total bases touched
- After first batter is finished a new batter bats with new runners at first & third

**"Rabbit Chase"**(easy for fast people)  
(hard for slow people)

- Put a player on each base
- Also put a player in between each base
- When you say go they chase each other around the bases
- They must touch the bases
- As soon as they tag the person in front of them they are out
- Continue until last couple of players are left
- Will probably need two groups
- May want to take the people in both groups who finish first and put them into a third group

## **"Glove Relay"**

- Gloves are spaced 10 yards apart with a ball in them
- 2 groups - 2 sets of gloves
- Just like suicides
- Run to first glove, get ball and bring it back to the line
- Go to second glove- same
- thru all five groups
- Then next person goes

## **"The Shuffle"**

(very tiring & burns legs)

- Every player gets into a single file line
- Coach has four balls
- Every player shuffles to the left, coach rolls 1<sup>st</sup> player a ball, player tosses a ball back
- Everyone shuffles right, coach rolls ball, player tosses back
- Each player gets 4 balls
- After 4 balls they run to the line
- Next player ready for 4 balls
- Back of the line will cheat