



Fielding Drills

- Line-Up-Have players in one or multiple lines with a coach at the head of the line. Roll ground balls or throw pop-ups to first player in line, then rotate through until whole line has gone. Once coach determines the ability of each player, the coach can vary the difficulty of each play. This evaluation drill can tell the coach very quickly how skilled the team is in terms of fielding.

GROUND BALLS

- Back and Forths-Coach is on knee 10 feet from player and rolls ground ball to the player's left. The player must shuffle to ball, field it and then toss it back to the coach. The coach then rolls a ball to the right, and repeats to a set number. More advanced players can do this drill without a coach.
- Short Hops-Coach stands 10 feet from player in ground ball fielding position with hands to the ground. Coach throws the ball 6-12 inches in front of fielder's glove so that he must receive the ball on the short hop. More advanced players can do this drill without a coach to each other.
- Backhand and Forehand-Player kneels on two knees sitting up tall. Coach can roll ball or toss short hop to backhand and then forehand side of body. Coach can work on player's reaction skills by not telling player which direction the ball is going.
- Charging the Ball-Player is set 60+ from coach. Coach rolls ground ball to a player that he has to charge and throw to coach. Once player fields the first ball, the coach rolls out the second ball to the player. Coach can continue this for 4-5 throws before player charges all the way into the coach.

For all repetitions on the field coach can either throw the ball or hit it. Throwing the ball can increase repetitions by assuring better accuracy. Players can either make throws on every play, or to cut down on throws for each player, the players can come up to mock the throw and just pile the balls to the side.

- Live on Field Ground Balls in the Infield
 - Straight on ground balls, then balls to the left and right
 - Slow ground balls for players to charge
 - Hard hit ground balls for players to stay back on and receive on the short hop
 - Rapid fire ground balls for players to work on quick reaction time
 - High chop ground balls to charge and throw on the run
 - Ground balls in between two players to work on communication and backing each other up.

- Live on Field Ground Balls to Outfield
 - Round off-Set player in an outfield position and hit/throw the ball to one side or the other. Player needs to round off ball towards infield, rather than running directly to ball, which will take momentum away from the line of the throw.
 - Deep Hit-Player must work on taking deep route to ball to keep it from rolling to fence or deep outfield.
 - Shallow Line Drive Hit-Player must field ball in front while being sure not to let the ball go past him.
 - Ground balls-Players charge ball and come up with crow-hop

FLY BALLS

- Over the Shoulders-Set player facing coach in a ready position. Coach says “Go” and player turns hips to run in the direction of the throw from the coach. Player should sprint to the spot of the catch, rather than running through the ball.
- Drop Drill-Players in a single file line facing the coach 20 feet away. Coach holds ball as high as possible out in front of body. Player sprints on “Go” call from coach. Coach drops the ball so that the player must run through the ball to make the catch.
- Turn and catch-Have player with back to coach. Coach throws ball straight up and tell player to turn and find the ball. Player must find the ball in the air and settle under it to make the catch.
- Two lines-Two lines of players 20-30 feet apart and coach throws/hits ball between two outfielders. Set one line as centerfielder. Communication is the key in this drill, so player must call the ball to catch it.
- Off the Wall Drill-Throw balls over the outfielder’s head that will hit the outfield fence in the air. Fielder has to run back and make fielding play off the wall or approaching the wall.