

THE PROGRAM, YOUTH SKILL DEVELOPMENT

2016 MWLL Coaches Clinic

Infield Drills

STEP STEP READY – THIS NEEDS TO BE REWARDED AND APPLAUDED

Have players do this in every position. Time the steps with ball in air and ready ball cross plate

On and Off – Mimic the end of an offensive inning, and time players from: last out to all players with gloves and hats on in front of the dugout, front of the dugout to positions and positions back to dugout. (should be around 10 , 5 and 5 sec)

Glove Out Tip Down – 5-10ft apart, 2-3 bounces toss and always want the glove to come from the ground up

Ready Lines – Draw line from outer lip to inner lip and have players split line on a jump into ready, 6-8 times

Slow Rollers – Roll 3 balls in a row as a player runs straight in fielding

3 Station Break Down – (Quick Reps)1)Step step ready with fielding ball

2) Fielding ball with shuffle shuffle shuffle

3) Shuffle shuffle shuffle throw

Call It – Know who has priority. Toss ball anywhere in the air (calls must be loud) Outfielders over Infielders, Middle Infielders over Corners

Stop the Ball & Get It In – Throw ball in the gap, have two players go after, first to ball with no hesitation throw to cut off or base

“Where Work Ethic Is Born & Athletes Are Created”