

## **Infield Work:**

### **A. Warm-up drills**

1. Pick ups (2 X 15)
2. Short hops (3-30 seconds)
3. Rapid fire
4. Footwork
  - A. small hurdles
  - B. backhand/forehand

-basketball lane width

### **B. Fielding progression-Regular**

1. R, L field-stationary ball (paddle)
2. R, L, field-R, L, throw-stationary ball
3. R, L, field-rolling ball
4. R, L, field-R, L, throw-rolling ball
5. Fungos in lines
6. Fungos-gloves (no throws)
7. Fungos-gloves (one hop throws to 1<sup>st</sup> basemen)

#### Points of focus:

- glove is open
- top hand comes down
- glove movement is out, up, in
- chin stays down

### **C. Fielding progression-Backhand**

1. Crossover (cherry pick)-stationary
2. Crossover (cherry pick)-rolling ball
3. Crossover-short hops

#### Points of focus:

- glove goes out, up, in
- pick ball off of front foot

### **D. Infield drills**

1. Dominican drill (4 corners)
2. Infield rounds-double fungos
  - A. 5-3, 6-4-3
  - B. 6-3, 5-4-3
  - C. 3-6-1, 4-5 (hop)
  - D. 4-6-3, 5-3 (off balance)
  - E. tweeners, 6-2, 5-2 tag plays
  - F. PFPs-3 lines: 1-5, 1-6 or 1-4, 1-3

#### Points of focus:

- throwing accuracy
- fielding accuracy

### **E. Game rounds of infield**

1. Home
2. One and no throw
3. One and throw
4. Two and no throw
5. Two and throw
6. Off balance

### **F. Games**

1. 21 outs
2. Tees scrimmage