

Baseball For Life Coaches Clinic

February 12, 2017

Everyday Infield Drills: Developing the Infielders from the Ground Up

Logan Smith-Charlotte Country Day School

1. Throwing Progression-athletic to receive the ball, elbows relaxed pointed down, thumb to thumb

- Slow/smooth transfer-step to receive with glove side foot, replace feet
- Quick Feet-same as above but speed it up (Compete)
- Clock Drill-2 o'clock, 3 o'clock, 5 o'clock, feet are stationary
- Quick Toss-feet are stationary, get rid of the ball as quick as possible (Compete)

2. Short Hops-10 of each→Coaching Points-underside of your thumb to the sky, keep the pocket open, reach out/don't let the ball get between your legs (if your kids are struggling start them on their knees and work up to standing)

- Middle/Regular-glove hand only, throwing hand behind back
- Forehand
- Backhand-check the time on your watch and keep it
- Pick and Replace your feet
- Pick and Tag

3. Box Drills→Coach Points-Athletic to receive the baseball, elbows relaxed and pointed down, don't travel with the ball

- Big Box
 - Left-One shuffle, don't leave the ball behind
 - Right-if the ball is to throwing side, step to receive and pop your hips, if to glove side reverse pivot

* Small Box-Communicate "Flip, Flip", Left with SS feed and overhand SS feed, Right with thumb down and push, and overhand feed from 2nd baseman

4. Five Fundamentals Progression

1. Pocket/Pocket-keep glove open at all times, with pocket facing hitter
2. Right/Left Field (or right sit field)-creates momentum through the ball, it is ok if the left foot is slightly ahead of the right when fielding
3. Reach out and see the throwing hand on top-start with hands out front
4. Glove side of the nose-the ball should be fielded on the glove side of the player's nose
5. Belly to the ball replace your feet-keep the ball moving, we don't want to become

stagnant and funnel, we do not use the word funnel

5. Partner Work

- Easy Backhand-field it in front of the right toe, replace your feet
- Long Backhand (Pick and Stick)-field it in front of the left toe, plant right foot and throw
- Forehand-rake the glove side closed

6. Footwork/Different Plays

- V-Cut-small step with the right foot to get outside the ball and get momentum towards first base, keep the ball left
- Jeter-hard crossover with the left foot to prevent a backhand and keep the ball left
- Easy Backhand
- Long Backhand
- Forehand and Forehand with a reverse pivot

7. Shuffle Drill→Coaching Points: nose over your toes when you release the ball and continue towards the first baseman until you see them catch the ball

- Start with 3 shuffles, then 2 shuffles, then 1

8. Slow Roller Progression→Coaching Points: emphasize the scissor action of throwing arm and opposite leg, start the ball right of the first baseman, don't fade away too early

- Fielder starts with ball in glove, runs straight ahead and throws on the run
- Coach starts with the ball, player runs straight at coach, coach tosses them the ball and they throw on the run

*The rest are with the coach rolling the ball to the fielder

- Charge, breakdown and field the ball squared up, one shuffle and throw
- Charge, field the ball off of the left foot, one shuffle and throw
- Charge, field the ball off of the left foot, throw on the run
- Charge, field the ball with two hands off of the right foot, throw on the run
- Charge, barehand the ball and throw (3 fingers, one continuous arm motion)

Competitions and Other Fun Games and Thoughts

- Crosstrain→Move your infielders around and let them play every position on the infield. Don't label and get them content at one spot. They are all athletes
- Good infield play begins with great pre pitch separation→Get your body in a position to field the ball
- Bucket Drills→To emphasize flipping and manipulating your glove (Straight in, R, L, pop fly)
- Competitions→Quick Feet & Short Toss, Box Drills, Rocket Relay, Short Hops, 21 outs, Numbered Infield, Short Hops off a wall (coach can feed from behind player, can start on their knees)

