

Infield Drills:

****3 minute Drill (7 Stations)**

Step 1:

- 1. 1st base fielding ground ball... pitcher covers 1st base**
- 2. SS takes ground balls... starts dp with 2nd baseman**
- 3. 3rd baseman taking throws from catcher... sleeper play**
- 4. Outfield is taking ground balls... on one knee... no live throw**

Step 2:

- 1. Pitchers taking bunts on 1st base side... 1st base communicates... ball ball ball... no lob throws**
- 2. 3rd baseman are fielding ground balls... starting dp with 2nd baseman**
- 3. SS are fielding pop ups over their heads**
- 4. Catchers are working on their blocking**
- 5. Outfielders are fielding ground balls in a live throw**

Step 3:

- 1. Pitchers are taking ground balls and starting dp (above the belt and over the base) with 2nd baseman and SS (moving target... showing up a little late)**
- 2. 1st baseman are taking throws from 2nd base**
- 3. 3rd baseman are taking backhands and slow rollers... no live throws**
- 4. Catchers are working on pop ups behind homeplate**
- 5. Outfielder are fielding fly balls in throwing situations**

Step 4:

- 1. Pitchers are fielding bunts and throwing to 3rd base**
- 2. 2nd baseman are fielding ground balls and starting a dp**
- 3. SS finish dp (pitchers at 1st)**
- 4. 1st baseman are fielding ground balls in the 4 hole**
- 5. Catchers are communicating with pitchers**
- 6. Outfielders are working on spin moves**

Step 5:

- 1. Pitchers are working on squeeze plays to homeplate throw with glove low in the tag zone**
- 2. 2nd baseman are fielding ground balls and making bad throws to 1st... 1st is working on picking the ball**
- 3. SS and 3rd working on pop ups down left field line... communication**
- 4. Catchers are taking throw from pitchers on squeeze play**
- 5. Outfielders are working on reverse pivot... planting glove side foot**

Step 6:

- 1. Pitchers / SS / 2nd... working on one look pick offs**
- 2. 1st baseman are fielding grounders down the 1st base line**
- 3. 3rd baseman fielding balls in the 6 hole**
- 4. Catchers are working on pass balls... off catcher is communicating 3-3-3 if the ball is on the 3rd base side... back-back-back right behind the plate... 1-1-1 on the 1st base side**
- 5. Outfielders are playing ground balls that get to the fence (chest over the ball... good grip... hit the relay... head high**

Step 7:

- 1. Pitchers are covering 1st base**
- 2. 1st baseman are fielding ground balls... starting the dp**
- 3. Catchers are fielding short bunt... throw to the 3rd**
- 4. Outfielders are finding the fence**