

NHS Baseball: Infield

A. Mechanics:

1. Ready Position:

- (100% Circle) / pitcher gets ready to pitch – get ready to field
- feet square / be on inside cleats

*Corner Infielder: stay under the ball / wide & low

*Middle Infielder: little higher / more range

2. Getting to the Ball:

- V technique (not a charge)
- ball straight @ us (left eye)
- right foot – left foot

3. Catching the Ball:

- flat back / knees bent / glove to the ball (eyeball)
- throwing hand over the top – fingers up (45 thumbs)

*Prep before to make a good throw

4. 2 Step Release:

- chest through baseball
- pick – right foot replaces ball (block step)

B. Warmup Drills:

1. Egg Toss:

- glove out / knees bent
- catch w/ 2 hands & bring chest through ball
- 6-7 feet apart

2. Grounders:

- footwork ball (straight on):
 - v-cut / left eye / right foot – left foot
 - knees bent / flat back / glove @ brim / 2 hands / 2 step
 - stay low
- backhand
 - stay low / show glove late / field out front / aggressive
 - one hand / see it in
- glove side

-don't overrun it / stay behind / one hand / see it in

3. Slow Rollers:

-barehand / running v-cut / no grip – no throw

4. Short Hops:

-no throw / 45 angle / aggressive pick / out front / see it in

5. Tags:

-straight on / go to the bag – not to the runner

-left and right sweeps – go w/ the ball

-leave the bag if needed

6. Stretch Plays:

-straight on / left or right / over head

7. Flips:

-underhand / backhand

-step & show the ball

8. Block / No Panic:

-stay composed

-get over the ball / center / angle to bag / get good grip (drive)

9. Self Pop Ups:

-right / left / over head

C. Key Ground Balls:

1. Footwork Ball:

-main teaching ball

-step or 2 to throwing side

-key is 1st step / V Cut

2. Glove Side Ball:

-don't overrun it

-field off left eye / one hand

-block step

3. Glove Side Retreat:

-see it in

4. Back Hand Ball:

a. ball you can get behind & get in good fielding position

b. running backhand:

-cut the angle / right foot – left foot

-thumb under baseball

- field out front
- c. true back hand
- d. running V-Cut: turn the corner / run through the ball

5. Slow Rollers:

- in a hurry / be on 3rd base side of ball
- left right throw / keep right leg back / aim high & left
- need distance between feet to make a good throw

D. Drills

1. Slow Roller:

2. Short Hop:

- do not stand up
- use proper mechanics
- thrower down on one knee / option throw
- 1st: 2 hands throw back to thrower
- 2nd: 2 hands / chest through ball / 2 step to 1st
- 3rd: 1 hand / no throw
- 4th: 1 hand / 2 step to first

3. Glove Side:

- ball outside knee / one hand
- 45 to ball
- may add tags to the drill
- 2 step throw
- drive legs / chest through / subtle pick

4. No Panic:

- 2 hand – 2 step release

5. Pick:

- 1 handed drill
- pick right off grass / front / back / right / left

6. Diving Drill:

- start on knees
- chest hits the ground
- if missed – no panic
- backhand / glove side

7. Hot Box

E. Fungo Drills:

1. Knee:

- use glove w/ 1 hand



-in a line / get low

2. **Hot Shots:**

-2 chances / turn hat / make good throw

3. **Easy Balls:**

-work footwork

4. **One Hand Fungo:**

-force them to stay lower longer

F. Soft Toss Grounders

-ISO batter / fielders @ SS

-simulate live

-make good throw to first

G. Four Corner Catch

-throw anywhere

-everyone @ bag

-play good catch