



Defensive Drill #10 – Fielding Everyday – 1

**Modifications for 2020: All players 6' apart at all times**



U12 PRACTICE PLANS: PHASE 1

Time: 10 minutes

Equipment: Tennis or softie balls, Balls, Bases or cones

Objective(s) of Drill:

- 0 To teach the fielding technique for ground balls and fly balls
- 0 To reinforce **good** throwing mechanics and pivot footwork

Drill Description:

0 Ground balls (with a partner)

- Without gloves, roll a ground ball directly to your partner who fields the ball and rolls a ground ball back. Field 10 ground balls each.
- With gloves, roll a ground ball directly to your partner who fields the ball and rolls a ground ball back. Field 10 ground balls each.

0 Flyballs (with a partner)

- Without a glove and using a tennis or softie ball, throw a fly ball directly to your partner who fields the ball and throws a fly ball back. Field 10 fly balls each.
- With a glove and using a softball, throw a fly ball directly to your partner who fields the ball and throws a fly ball back. Field 10 fly balls each.

Key Teaching Points:

- 1 \_\_\_\_\_
- 2 - - - - -
- 3 \_\_\_\_\_

