

## Intermediate

Intermediate drills take the concepts from beginner, adding more components, and introduces the conceptual part of softball. This section is designed for athletes from U13AA, U15A/AA, U17A, U19A.

### Infield Drills

- [Setting Up As An Infielder](#) - proper glove presentation and ready position
- [How To Be Engaged](#) - staying engaged throughout the game
- [Infield Footwork Rope Drill With Cone](#) - to work on footwork and keeping eyes and head level while fielding a ground ball
- [Throwing On The Run](#) - work on different angles and different arm slots while throwing on the run
- [Backhand Progression](#) - progression drills for fielding backhands
- [3 Player Weave](#)
- [1 Foot Balance](#)
- [Pole on Wrist Drop](#)
- [Pool Noodle and On the Run](#) - working on keeping the feet moving, and progressions to throwing on the run
- [Backhand Bat Drop, Dome Mat](#)
- [Types of Double Play Footwork](#)
- [2 Direction Sprint Attacks](#) - practice accelerating and decelerating while fielding
- [Around the Circle](#)
- [High Throw Relay](#) - practice quick transfers in outfield to infield relays
- [One Knee Throws](#) - work on arm slots while staying low
- [Replacing the feet](#) - work on proper footwork
- [Bat Crossover Step](#) - proper footwork while keeping the feet moving
- [Turning a double play](#)
- [Quick feet/getting set](#) - to work on quick footwork
- [Putting the Tag Down](#)

## Outfield

- [Outfield Explosiveness](#) - practice changing directions and staying explosive
- [Dropstep](#) - footwork for tracking balls overhead
- [Glove Work](#)
- [Quarterback Drill](#) - work on tracking balls overhead
- [Leg Drive](#) - increase leg drive in an outfielders throw
- [Outfield Warm-Up - Ladders + Drop Steps](#) - footwork drills
- [Diving catch/ explosion up](#) - work on diving catches and getting up quick

## Bunting

- [Bunting From Your Knees \(One Hand\)](#)
- [Bunt To Bucket](#) - practice bunt placement
- [Lacrosse Sticks](#) - work on absorbing the ball while bunting
- [Slapping 101](#) - learning how to slap bunt for left handed hitters
- [Bunt to distanced bucket](#) - practice bunt placement and push bunts
- [Sprinting out of bunt](#) - work on footwork timing and being explosive out of the box after a bunt

## Hitting Drills

- [Hula Hoop Work](#) - work on proper bat path and keeping hands close to your body
- [3 Hitting Drills To Fix Dropping Your Hands](#)
- [Hitting Circuit \(5 Drills\)](#)
- [Arrow Drill](#) - work on hand speed and sequence
- [Inside/Outside Two Tee Drill](#) - work on pitch recognition and hitting inside and outside pitches
- [Knee and Knob, Resistance Band](#)
- [On Deck Hitter](#) - [On Deck Hitter 2](#) - what to do when you're on deck
- [Pitch Recognition](#) - work on pitch recognition
- [PVC, Knob, Soccer Balls, Front Toss,](#)
- [Eyes on the ball](#)
- [PVC Side Bend/Tilt Progression](#) - helps hitters work on shoulder connection and angle to contact

## **Baserunning**

- [Pop Up Slide](#)
- [Basic Sliding Progression](#)

## **Catching Drills**

- [Transfer, Drive, Throw](#)
- [Workout](#)
- [Pop Up Drill](#) - practice tracking and finding the ball quick
- [Tag Plays at the Plate](#) - important play as a catcher, work on proper placement and positioning
- [Throwdown Transfer and Footwork](#)
- [Weighted Transfers](#)
- [Bare Handed Stool Transfers](#)

## **Pitching Drills**

- [Bucket Drill](#)
- [Lunge Drill](#) - work on explosiveness
- [Lunge Jump Drill](#) - work on explosiveness
- [Around the World](#) - practice hitting your targets