



Infield Practice Planning & Execution

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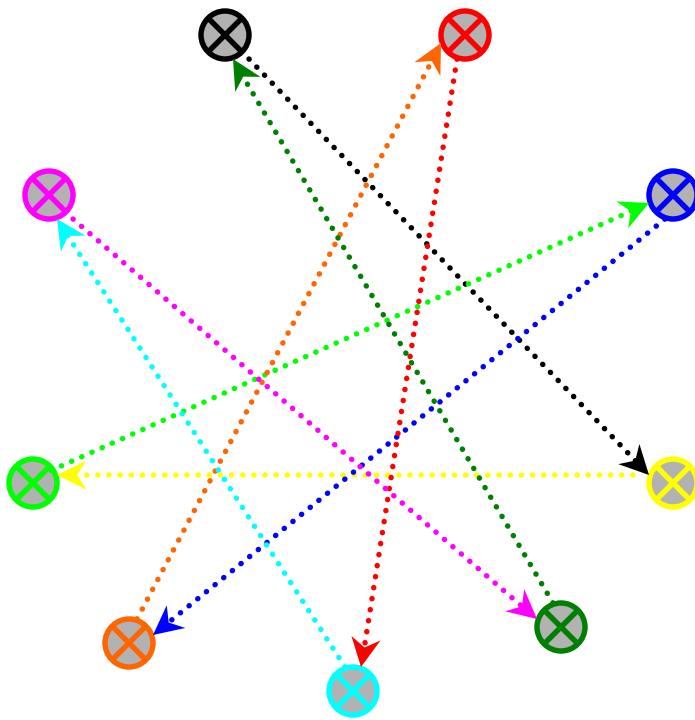




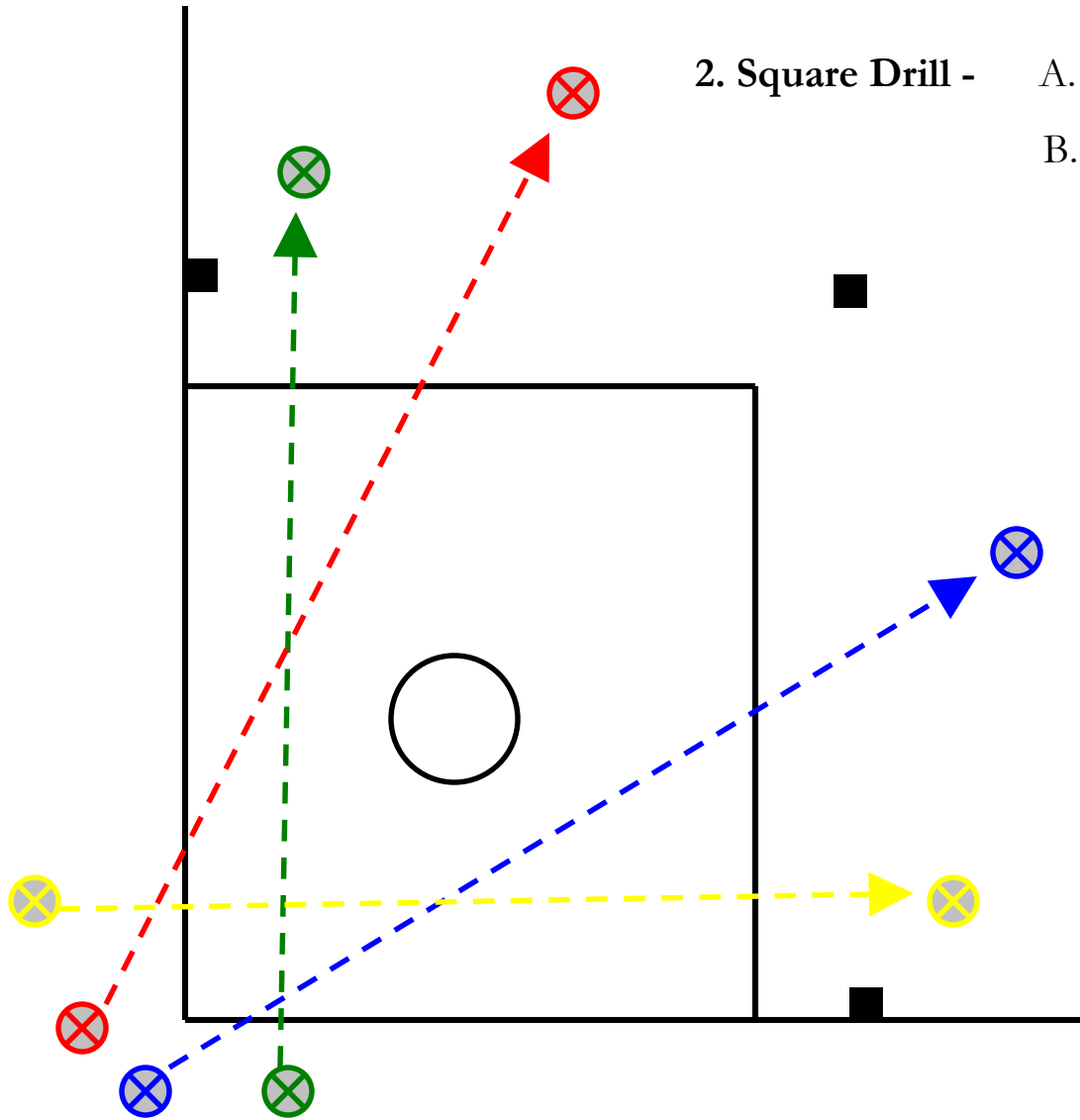
~ INFIELD DRILLS ~

1. Set-Up -

- A. Stance – Set/Ready
- B. Moving to Ball – Charging/Crossovers
- C. Fielding Technique (soft hands)
- D. Set-Ready Drill (no glove, with glove)
- E. Circle Drill



~ INFIELD DRILLS ~



2. Square Drill -

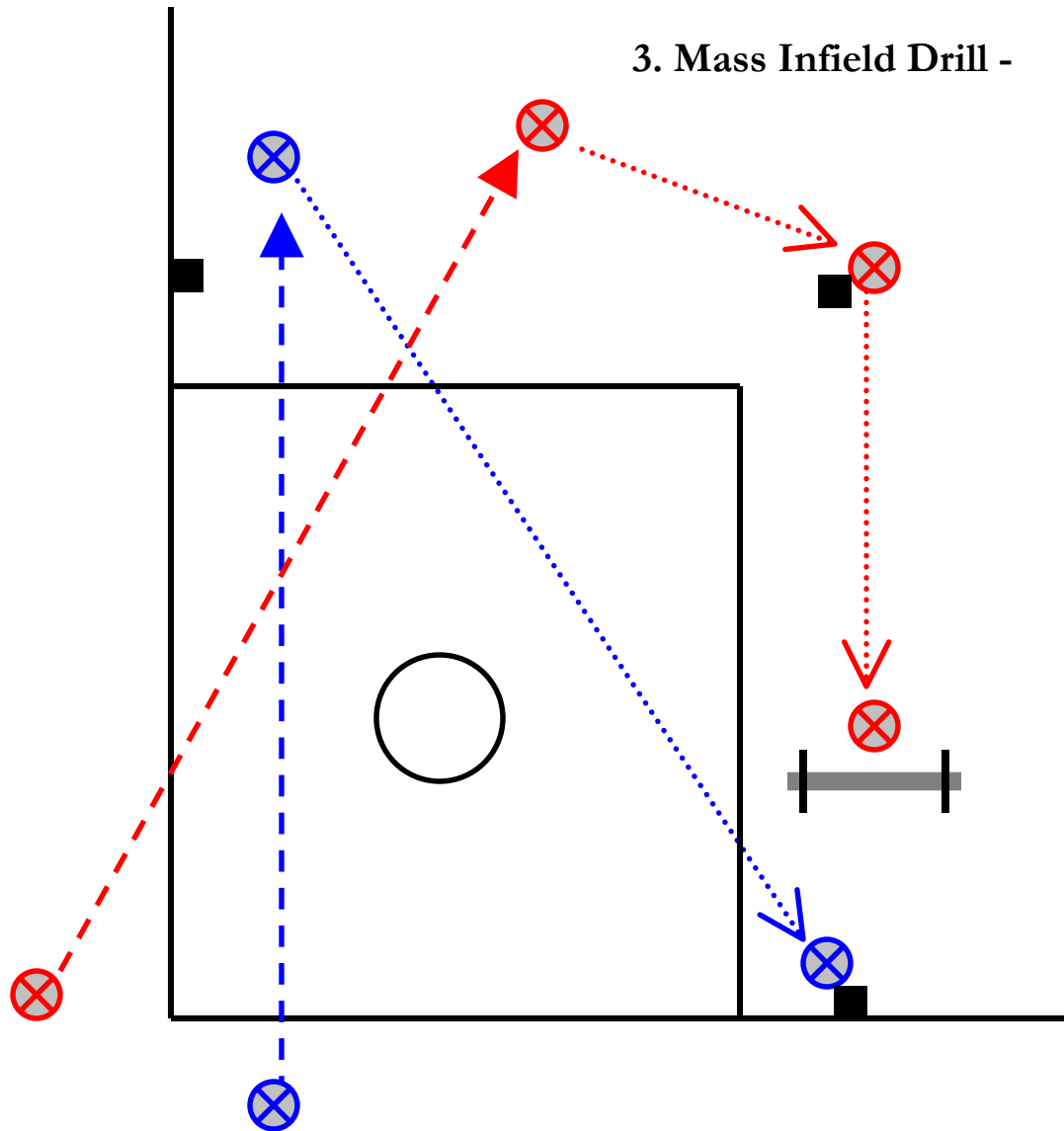
A. Infield In (work footwork to throw to plate)

B. Infield Back

1. right at them
2. glove side
3. backhand side



~ INFIELD DRILLS ~



A. Set-up (2 fungo hitters)

B. 1st Round

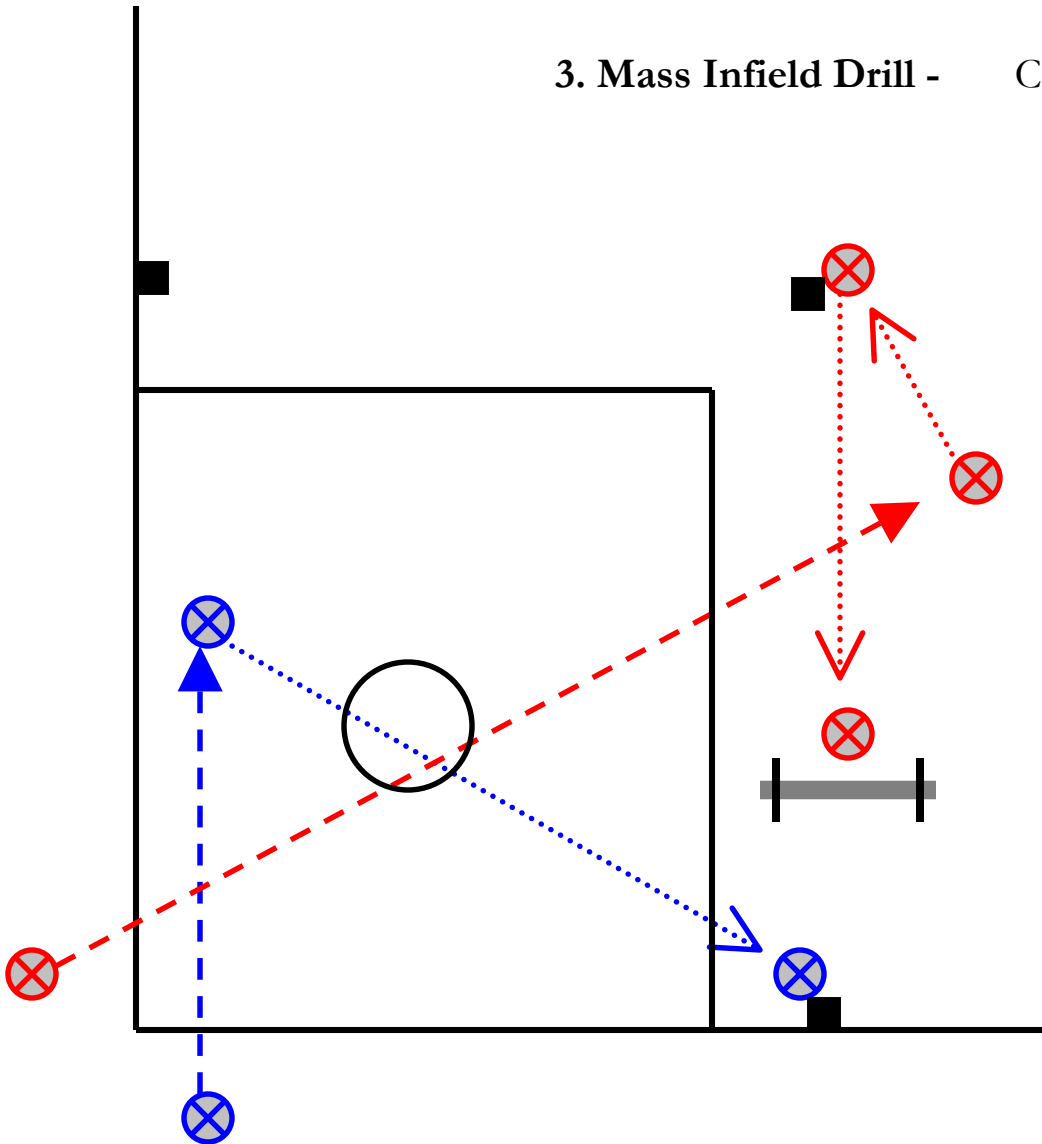
1. 6-4-3 DP's (w/short 1st baseman & screen)
2. 5 to 3 (balls in all directions)



~ INFIELD DRILLS ~

3. Mass Infield Drill - C. 2nd Round

1. 4-6-3 DP's (w/short 1st baseman & screen)
2. 5-3 slow rollers

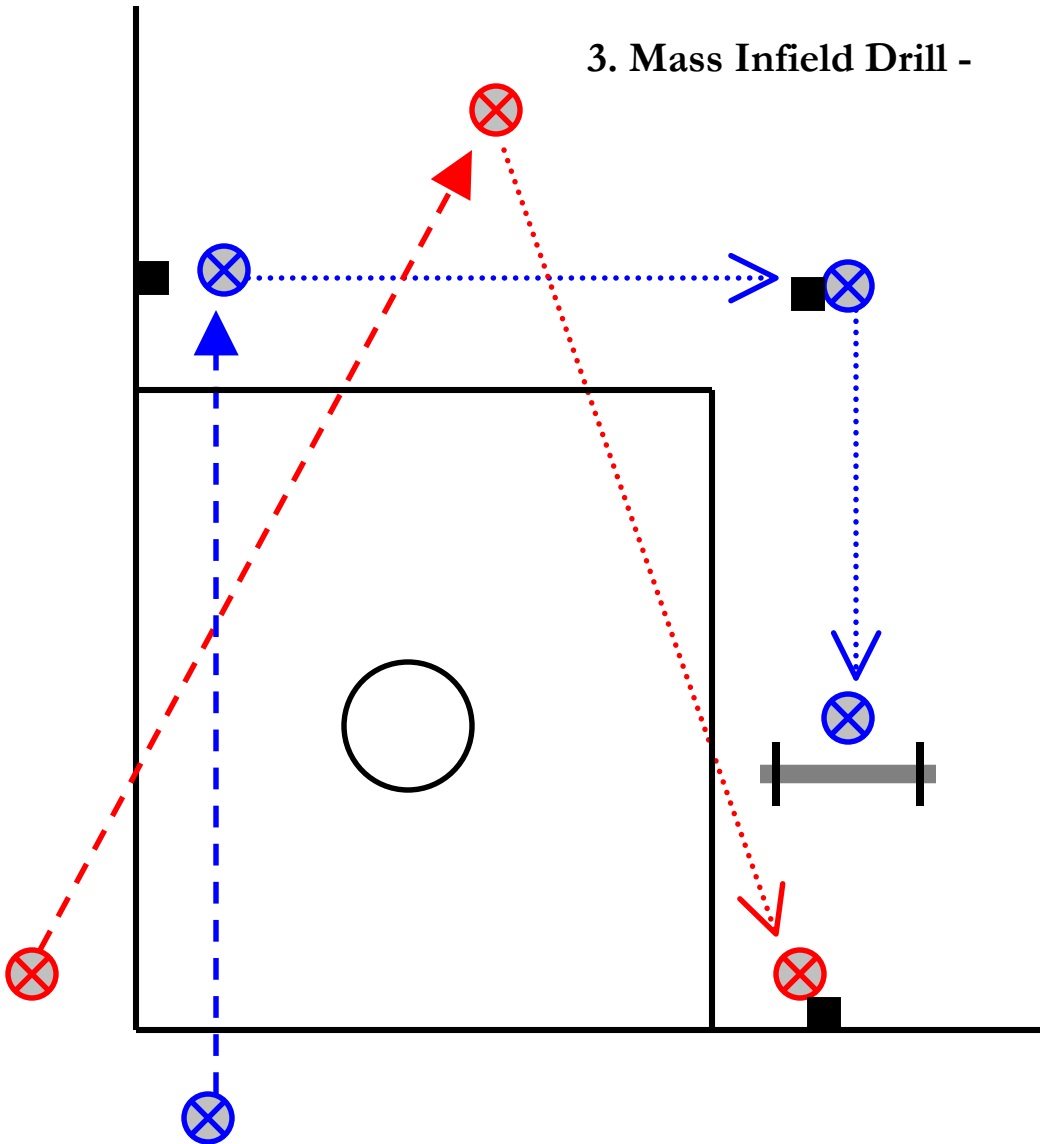


~ INFIELD DRILLS ~

3. Mass Infield Drill -

D. 3rd Round

1. 5-4-3 DP's (w/short 1st baseman & screen)
2. 6-3 (balls in all directions)

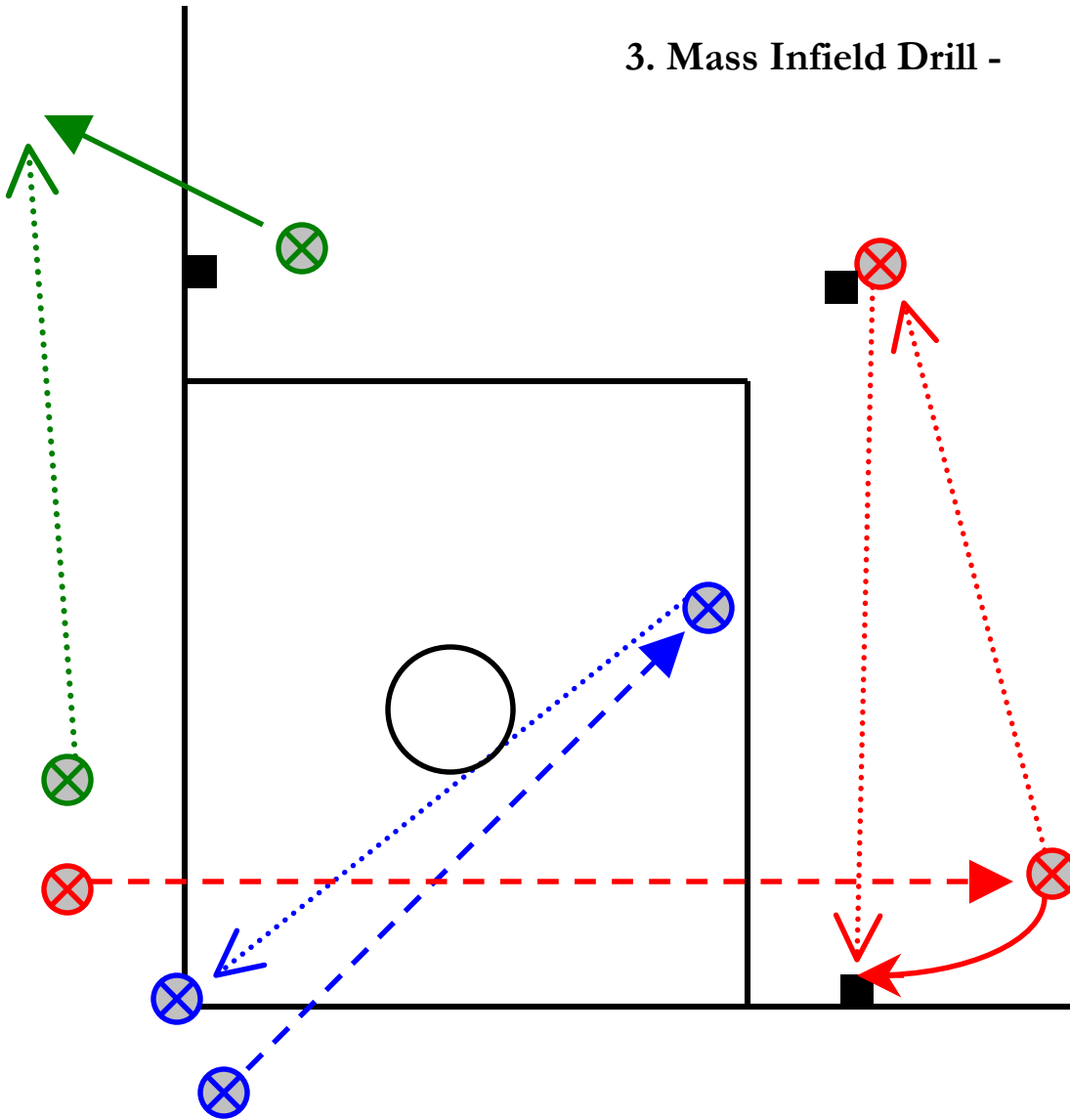


~ INFIELD DRILLS ~

3. Mass Infield Drill -

E. 4th Round

1. 3-6-3 DP's
2. 4-2 (infield in)
3. 3rd baseman - pop-ups & tag plays



~ INFIELD DRILLS ~

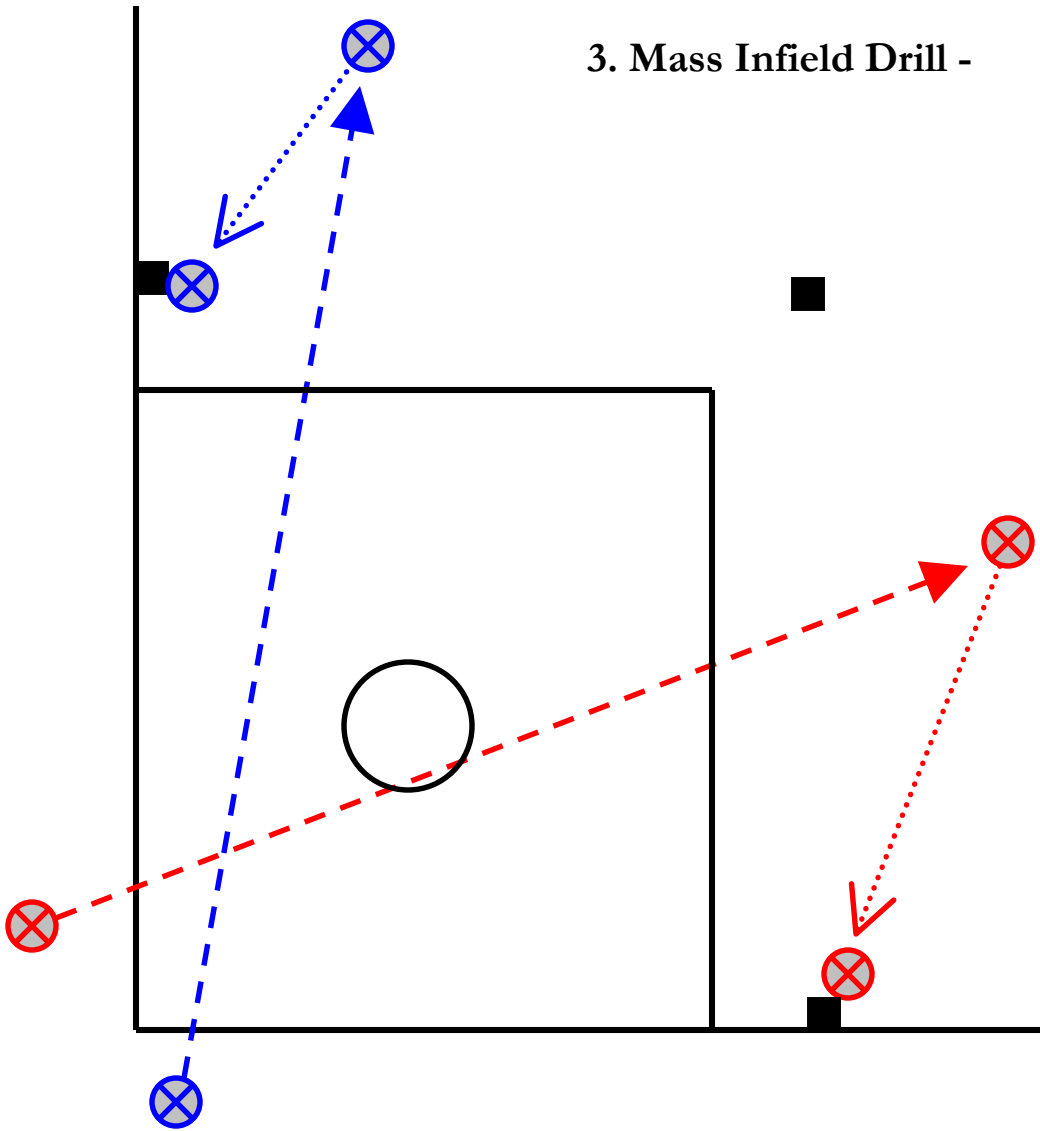
3. Mass Infield Drill -

F. 5th Round

1. 4-3 (balls in all directions)
2. 6-5 (balls in 5.5 hole w/R on 2nd)

G. 6th Round – (one fungo)

1. Slow Rollers (around the infield)





~ INFIELD DRILLS ~

- 4. Cut-offs & Relays -**
- A. Stance
 1. Upper half square to OF'er, lower half turned
 2. Move feet to meet ball, catch at chest level on glove side
 - B. Relay Drill
- 5. Fly Balls -**
- A. Balls in the Infield (know priority system)
 - B. Balls in Foul Territory (know your surroundings)
 - C. Balls in OF (attack aggressively)