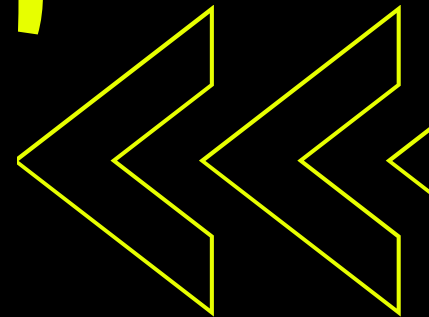




INFIELD DRILLS



BASEBALL & SOFTBALL DRILLS & SKILLS



Proper positioning and proper mechanics are extremely important to be a good infielder. But to be a truly great infielder, you also need to know how to approach a ground ball hit right at you. This drill teaches you just that.

Put a baseball/softball on the ground and set up three cones in a triangle formation a couple feet away from it, just like in the picture above:

Put on your glove and stand directly behind the middle cone. Now circle behind the cone to your right, get into your fielding position, field the ball, and throw.

The important part of this drill is circling around the cone and approaching the ball from the side. Most coaches refer to this as "rounding the baseball/softball" and makes it so your body's momentum is already moving in the direction you want to throw the ball.

Rounding the baseball/softball can give you some extra velocity on your throws so those close plays at 1st base are called more often in your favor, turning you from a good infielder, to one that is a perennial all-star.