

## Infielding Drills

**Simulation Drills:** (without a ball) Players line up facing the coach. The coach asks the group to assume the correct position upon command (i.e. resting, ready, and fielding).

**Cross-over and Field Drill:** (without a ball) The players are in the ready position and the coach asks them to cross-over (i.e. right or left) and advance three or four steps before gliding into a proper fielding position. Repeat several times in the same direction and then change to the other direction.

**Cross-over, Field and Throw Drill:** (without a ball) The same procedure is followed as above except a throwing action is added. After completing a fielding motion the player simulates the correct throwing technique, employing the crow-hop.

**Group Ground Ball Drill:** (with ball) Team members are divided into three groups. Balls should be rolled directly at them, to their left and their right. With each repetition the player assumes the ready position, then breaks for the ball, fields, and throws it back to the coach. The player then moves to the end of the line of the group.

**Group Pop-up Drill:** (with ball) The same procedure in the ground ball drill is used, except that balls are tossed in the air in various directions.

**Partner Drill:** (with ball) Pair players off when they have progressed to a point where less observation of techniques is needed. One partner can roll ground balls or toss pop-ups, while evaluating his/her partner's fielding skills. This drill provides many repetitions in a short period.

**Bare-Hand Drill:** The above drills that utilise a ball can be conducted in the same manner, but without the use of a glove. The drill accomplishes two things: it forces the players to use two hands and it encourages the hands to draw back slightly upon impact with the ball.