

A BASEBALL DRILL CALLED FOOTBALL

This is a fun drill for younger players.

I will usually end a practice with a game of "Football". I split the players into 2 teams and line them up about 10 feet apart with myself in the middle, and a coach (or parent) on the outside of each line.

I will have each line alternate having a player back-peddle about 25-30 feet, where I will then throw a pop up to either side of the player. If they catch the ball, they get 2 points. As soon as they catch the ball, they have to set themselves and make a perfect throw to the coach on their side. If the throw is good, they get an additional point. I will run them through this 3 times each, alternating the lines.

Then I will have them run back on an angle (instead of back-peddling), and throw the ball to either side of them, forcing them to adjust. The same point system is used.

The players have fun with this drill, and it helps them get used to judging fly balls, and making good throws to the cut-off man.

INFIELD PRACTICE DRILL "BALL JUGGLING"

An infield player stands in the ready position in the infield.

The coach is about 15-20 feet away with 2 to 3 balls (1 in pocket).

He throws a grounder and as the fielder is fielding the ball, he throws the second.

The fielder must concentrate on making a good throw back to the coach and at the same time pick up the location of the second ball, field it cleanly, and throw it back. The coach should pick up the pace and move the fielder from side to side until they miss. The third ball is for if the coach drops a ball he has another to keep the drill going longer.