

AIA Academy Baseball/Softball Drills

Infield Drill – Players work on catching skills and defensive coverages.

Set-Up: This drill works best as a 6-7 player station. Coaches will need a bucket of 10-30 balls. The player at first should have an empty bucket. Players begin at the normal infield positions. If you have 7 players, place one in foul territory to the catcher's right. In this drill the catcher is actually the thrower.

Drill: The catcher throws ground balls (with an occasional line drive) to each player beginning with the 3rd basemen followed by: SS, P, 2nd, 1st, respectively. When a grounder is thrown all players should perform as they would in a game situation, covering or backing up particular bases or players.

When a player receives a grounder they will make the play to 1st base. The first basemen simply drops the ball in the empty bucket at first (if a ball is over-thrown just get it later after the set). Once all the balls are in the bucket, the first basemen runs the balls back to home, empties it and give it to the new 1st basemen. Rotation flows from 3rd to home. Players should focus on fielding the play cleanly and making accurate throws to 1st base.

Technique: Use the graphic below to assist with coverage positions. Walk players through positions several times before going live with balls.

The positions move into coverage according to the arrows and depending on which direction the play is happening.

Alternatives: An alternative to using this drill as a station is to set up a second infield in the outfield for an additional group of 6-7 players. Also, extra players can be used as runners to more accurately mimic a game situation.

Tips: Remember it is considered developmentally inappropriate to focus on double plays for children under 10-11 years old.

