

WHS Coaching Resource – Infield & Ground Balls

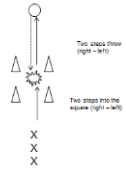
Philosophy	<ul style="list-style-type: none"> • Develop good mechanics, muscle memory, and prevent injury (today and in future)
Warm-Up	<ul style="list-style-type: none"> • Ensure athletes have completed dynamic stretching exercises as well as static stretching on arms and shoulders
Safety	<ul style="list-style-type: none"> • Do not throw unless your partner is looking at you • Pitching masks are optional but recommended (players should get used to wearing their masks – practice like in a game)

Fundamentals – Infielder Stance/Position

Title	Description
Leg / Feet Position	Feet should be shoulder width apart (or slightly wider) Knees slightly bent, butt down, chest up, on balls of the feet, slight lean forward
Hands	Glove out in front with fingers relaxed, palm pushed forward
Footwork	Right-handers move towards ball “right – left” pick it up / “right – left” throw the ball. Glove hand side foot is slightly ahead of throwing side foot when receiving the ball. Key Point – Goal is for quick release (minimize number of steps)
See the ball	Players keep their heads down and watch the ball go into their glove
Alligator Hand	Free hand above the glove, protecting high hops, and ready to join ball in glove for transition
Hand Transfer	Utilize soft hands. Bring hands up and follow through towards target

Drills/Fun Games

Ground Ball Face-Off	Two lines throwing ground balls to each other (focus on ready stance) Game: Put cones for a “goal” and count the number of balls that get through
Grounder Targets	Coach grounds ball to players who pick it up and fire it at a target (e.g., bucket on a chair or batting net) – point for each time they hit the bucket or how many land in the net
Four Square	Can use tennis balls for this – get into a square and a player throws a ground ball to next player and yells out who to throw it to; receiver picks up and throws to target (and yells out who to throw to next)
Ground Ball Hockey	2 teams on either side of gym, try to roll the ball past the other team to score point
Recovery Drill	On signal, roll ball in front of you, rush to SIDE of ball, scoop barehand, and throw to partner on other side. Partner catches and gets in ready throwing position. Repeat.
“9” Outs	Split into two teams: runners vs. fielders. Create fielder lines at simulated 2B/3B/SS. Hit ground balls to players who must throw the runner out at 1B. Count score or see how many outs in a row they can get

Forward Run	Partners – One holds tennis ball at shoulder height; other player gets in ready position 15 feet in front; player drops the ball and other player explodes forward to catch ball before it bounces twice
Wall Ball	Players stand 10-20 feet from wall with tennis ball; no glove – throw the ball against the wall so it bounces back at player, use soft hands to grab it, use proper foot work Variation – For pop flies, have them throw it against ground and then bounce off wall so it bounces above their head
Pylon Square 	Roll the ball to the player...players to take two steps (right left pick it up); options for after pick-up: (a) run to put ball in bucket, (b) throw to coach, (c) throw into a net Game: Race between lines – first one in the glove gets a point One coach can throw the ball to two lines at the same time.
Diving Progressions	Coach or partner stand with a ball at shoulder height ~5 feet in front of player. Players start on their knees. Coach releases the ball and players have to “dive” forward (or to the side) to catch ball before it hits the ground. Variation: With players still starting from knees, Coach stands ~10 feet back and throws the ball up to land away from the player and player must dive for the catch. Variation: Players start from the ready position. Coach stands ~15 feet back and throws the ball up to land away from the player and player must dive for the catch.