

Fundamentals and Drills to Improve your Infielders

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Background

- UVM / WCU / Clemson – The Differences
- Fundamentals / Attention to Detail
- What works for us / Our Players / Their Development
- When you see success on the field /
Players Making Plays
 - There's a reason why / Preparation /
Fundamentals / Repetitions

Have a Plan / Goals

- Believe in what you are teaching / Believe in your plan
- Believe that technique makes a difference
- Believe in breaking skills down step by step – Progression
- Believe in reinforcement after rights and wrongs / Constant Coaching!!!
- Believe in repetition and detail – Create new and better habits
- Believe in knowing the why's!
- Believe in visual teaching / demonstration
- Believe in showing right and wrongs of the skills

Goals of Fundamentals and Drills

- Develop quick hands/feet
- Conditioning / Fatigue never a factor
- Consistent hand and movements
- Physical and Mental Preparation
- Confidence
- Focus
- Aggressiveness
- Competitive Spirit / Pride
- Stronger / Accurate Arms
- Improving “clock” awareness
- “Spacing” Feel
- Ability to Create better angles

5 Basic Ground Balls

- Ground Ball At – GB at
- Glove Hand Side - GHS
- V Cut
- Back Hand Side - BHS
- Slow Roller – SR
- Demonstration / Progression / Rolled Ball / Short Fungo's / Live Situations
- 3 Bounces you want / 1 to avoid
- Why Ground Ball At is the toughest

* Principles * – Attack, Create Angles, Find your bounce, Spacing, "Sit on the Ball", Hands out front, Elbows Inward, palm open, Feet and Chest squared off to the ball, Glove hand eye, Out to In, Down to Up, Stomach to Shoulder, Footwork to Throw, Nose to Leather, its all in the feet

Ground Ball At

Common Problems

- A. Wasted Steps/Crossing Behind
- B. Flipping Glove
- C. Eyes Not Level
- D. Squared Feet
- E. Transfer Problems
 - A. Center of Gravity, Hiding the Ball
- F. Fielding ball off throwing side
- G. Separating / Not staying Compact
- H. Not finish off Play / Nose to leather
- I. Poor Angles
- J. Slow to Ball, Speeding Up / Poor "Clock"
- K. Fielding Ball Underneath You

Drills to Improve

- Use of clock
- Break it down

- 1-2-3 Drill

- Rhythm / Pat Drill
- Receive ball back / Touch Towel
- Ground ball at / Triangle Drill

Glove Hand Side

A. Fundamentals

- Progressions /Problems

- Crossover Step
- Glove Open
- Angles
- Fielding Fundamentals
- Angles
- Throwing Position

Drills To Improve

- Cones
- Exaggerate Angle
- Triangle Drill

V - Cut

A. Fundamentals / Angle

- Progressions / Problems

- Decisions to make
- Angle
- Attack
- Work through ball to target
- Aggressive
- Use your feet

Drills To Improve

- Cone

- Triangle Drill

Back Hand

A. Fundamentals

- Progressions / Problems

- Angle
- Eyes Level
- Bend Knees
- Field ball 6" to 8" off glove foot
- Palm Open / Elbow Out / Fingers Spread
- Swipe through ball slightly
- Bring Shoulders into position
- Plant Hard on inside cleats
- Open up hips / Arm on top
- Follow through

Drills to Improve

- Clap Drill
- Triangle Drill

Slow Roller

A. Fundamentals

- Progressions/Problems

- Two Handed SR

- One Handed SR

Drills to Improve

- QB, No Panic Drill

- Triangle Drill

Two Handed

- Field 12" to 18" inside throwing side of foot
- R / L / R
- Elevate body
- Ball to belt
- Break hands
- Glove to shoulder
- Belt buckle to target
- Arm parallel or better
- Allow for tail on ball
- Continue to your target

One Handed

- Establish Angle
- Field with glove just outside and in front of GH foot
- L / R / L / R steps
- Glove and ball to belt
- Separate
- Glove to shoulder
- Belt buckle to target
- Arm parallel or better
- Allow for tail on ball
- Continue to your target

Solve Problems Ahead of Time

- Communicate Between Pitches (Anticipation)
- Versatility – Play all Positions – Why? Arms, Angles, See other person problems
- Repetitions – We Throw A LOT! We Field A LOT!
- Practice At Game Speed / Stopwatch / Live Runners / GBS's
- Will the ball to you / Know your pitcher, pitch situations, and hitter
- COMPETE!!!
- Quality / Quantity / Endurance / Focus
- Keep ball between your head and the target
- Catch ball between your feet
- "One bad throw leads to another"
- Off balance fielding → Off Balance Throw → Off Balance Result

Group Drills

- Group Drills
 - Ball Handling Square Drill
 - Angle Throwing Drills
 - Circle Movement BH Drill
 - Down the Line BH Drill
 - Around the World
 - NFL
 - Triangle Drills
 - Triangle DP Drills

Group Drills

- Square Drill

- Repetitions

- Square Drill 1

- Square Drill 2

- Versatility

- Competition

- Accountability

- Intensity

Group Drills

- Ground Ball Scrimmage
 - Left-side GBS
 - Right-side GBS
 - Double-play GBS

Group Drills

- Scrimmages
 - Bunts Between Innings
 - Steals
 - Defense!!!

Group Drills

- Double Play Themes / Fundamentals
 - Catch Ball between your feet
 - Ball between your head and the base
 - Bad DP's
 - Good DP's
 - One bad throw leads to another
 - You be sure, he'll be quick

Group Drills

- Ponza
 - Infield in
 - Pop – Ups
- Batting Practice
 - Themes
 - 1's – DP's (Live off bat)
- PFP

Closing Remarks

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