

Fielding/Throwing Drill

Set-up

- Players form a line
- Either a coach or a player who can catch can act as a first baseman

Action

- Start with no glove and coach rolling grounders to the players and progress to using glove
- Player will field the ball with glove hand on the bottom, fingers pointing to the ground and palm facing forward. Throwing hand will come over the top to secure the ball (alligator or sandwich)
- Try to get ball between feet with the left foot slightly in front of the right with the butt down
- Field the ball in front of you (making a triangle with the glove and feet) and make a accurate throw to First
- As players improve have them field ball to either side of them, off a hop, etc

Key Points

- Athletic Position
- When possible have body behind the ball
- Have left foot slightly in front of right foot
- Glove on the ground out in front of the body (forming a triangle with the glove and feet), fingers pointing to down with palm facing forward - the throwing hand goes on top of the ball to secure and begin transfer to throwing
- Always transfer to a throwing position even when not throwing and keep encouraging a FAST transition and this is done when the throwing hand helps to guide the ball into the glove.