

Grounders

Getting Into A Good Fielding Position

Purpose

This drill assists players recognize a good fielding position and provides coaches with an opportunity to observe and help players. It also strengthens and stretches the muscles in the hips to allow a lower, stronger fielding position.

Drill Setup

Line up two groups of players with partners facing each other roughly 30-40 feet apart. One ball per group.

Instructions

- On the coaches whistle or call, the players with the ball pretend to field the ball in a good position and then throw to partner.
- The partner catches the ball and immediately go into a throwing position, working on receiving and transferring the ball into a good throwing position.
- The players with the baseball on your call or whistle gets into a proper fielding position, pretends to field the ball and then throws the ball to his partner.
- Continues for 10-20 throws each.

Roll in Front, Field and Throw

Purpose

This drill works on the ball that gets past the fielder or a ball not picked up cleanly. Every fielder experiences bad hops, hit off a shoe or the chest. Educating young players on tough bounces and errors do occur but we can still recover to make a play and not giving up on a play is important.

Drill Setup

Two groups of even number of players per side, partners facing each other.

Instructions

- Players with the ball start in a proper fielding position. On coaches call and in this position, the players roll the ball out in front
- Players when approaching the ball go to the side of the ball while fielding it and throwing it to the partner. If the ball is rolling, they scoop the ball up with the glove and throwing hand like picking up a bundle of hay. If the ball is stopped they can pick up the ball bare-handed if comfortable. (Still bring the glove and head down to keep our body controlled)
- Throw ball to partner
- Partner catches the ball and immediately works on receiving and transferring into a throwing position
- Partner with the ball gets into good fielding position and repeats above movements on coaches call
- Can begin rolling ball to forehand or backhand once warmed up

Coaching Points

- **Expect bad hops.** Remind players that tough bounces happen to everyone — what matters is the recovery
- **Move your feet first.** Don't reach — get your body to the side of the ball before fielding
- **Approach under control.** Break down with short, choppy steps as you near the ball
- **Stay low.** Bend at the knees, not the waist. Keep chest over toes
- **Glove down early.** Present the glove to the ground as you close in
- **"Bundle of hay" scoop.** If the ball is rolling, use both hands together to secure it smoothly
- **Head down through the pickup.** Watch the ball all the way into your hands
- **Quick transition.** Secure the ball and move immediately into throwing position

- **Square your shoulders before throwing.** Avoid throwing off-balance unless teaching advanced recovery throws
- **Do not give up on the play.** Even if the first fielding attempt is missed, recover quickly and finish the play

Short Hop Drill

Video: [Short Hop Drills \(Winning Baseball\) – 5 min](#)

Purpose

Develop soft hands, proper glove positioning, and confidence fielding short hops. This drill teaches players to absorb the ball and control tough in-between hops.

Drill Setup

- Player in proper infield fielding position
- Coach or partner 10–15 feet away
- Ball is thrown to create a short hop

Instructions

- Player starts in ready position (knees bent, chest over toes, glove out front)
- Coach throws controlled short hops directly at the player
- Player fields the ball cleanly and funnels it to the center of their body
- Player resets quickly for the next rep
- Perform 8–12 reps, then rotate players

Coaching Points

- Player starts in correct fielding position (athletic stance, knees bent, chest over toes).
- Field ball with **fingers down**
- Keep fingers relaxed — *“Tight muscles are slow muscles.”*
- Do NOT get wristy (don’t flip glove upward at the last second)
- Catch the ball where fingers meet the palm — that’s the “pocket”
- Don’t field the ball too far out in front — avoid locking the arm straight
- Slight bend in the elbow helps absorb the ball with soft hands

Short Hop – Backhand Position

Purpose

Teaches players to handle short hops to their glove-side backhand.

Drill Setup

- Player turns about 90 degrees to simulate backhand angle
- Coach feeds short hop to glove side

Instructions

- Player sets up in athletic position, slightly angled
- Coach throws short hops to glove-side backhand
- Player moves laterally, fields with fingers down
- Funnel ball back toward center of body
- Reset quickly for next rep
- 8–10 reps per player, then rotate



Coaching Points

- Stay low with knees bent
- Field with fingers down
- Keep glove out in front but not locked
- Funnel ball back to center after fielding

Short Hop – Forehand (Glove Side Facing Feeder)

Purpose

Improves glove-side short hop control when squared up to the feeder.

Drill Setup

- Player faces coach directly
- Coach feeds short hops slightly to glove side

Instructions

- Player begins in ready position
- Coach throws short hop slightly to glove side
- Player moves feet to square up and fields cleanly
- After fielding, player resets immediately
- Rotate after 8–12 reps



Coaching Points

- Stay balanced and square
- Keep glove low and relaxed
- Absorb the ball, don't stab at it
- Quick transition to throwing position

Short Hop to Power Position Drill

Video: [Short Hop to Power \(Winning Baseball\) – 2 min](#)

Purpose

Improves a fielder's ability to smoothly transition from fielding a short hop into a strong throwing (power) position.

Drill Setup

- Player in ready fielding position
- Coach feeds short hop
- Player fields and quickly transitions into throwing stance

Instructions

- Coach throws short hop
- Player fields cleanly with proper glove position
- Immediately perform small replacement hop to align feet
- Turn shoulders and get into power position
- Simulate throw or make throw to target
- Repeat 6–10 reps, then rotate

Coaching Points

- Proper fielding position to start
- Fingers down, relaxed glove
- Avoid flipping glove upward
- Do not field too far out front (avoid locked arm)
- Knees bent at all times — do not stand straight up
- Quick movements into power position
- Watch for a small “replacement hop” to get feet aligned
- Chest and shoulders turn efficiently toward target

Short Hop Variation

Purpose

Repetition and game-speed reaction work.

Setup

- One player in fielding position
- Other players lined up behind as backups
- Coach intentionally throws short hops

Rules

- Player fields 5–10 reps
- Rotate to next player
- Keep pace quick for maximum reps

Instructions

- Player sets up in ready position
- Coach mixes short hops to different spots (left, right, center)
- Player fields and resets quickly
- Complete 5–10 reps
- Rotate next player in immediately to keep pace high

Coaching Points

- Confidence on tough hops
- Stay low
- Trust soft hands

Fingers Up – Fingers Down

(T-Ball, Machine Pitch, Minors)

Purpose

Teaches proper glove positioning based on ball height and reinforces two-hand catches.

Drill Setup

- Divide players into small groups
- Each group stands about 5 feet from a coach
- Players start in SET position (ready stance)

Drill Part 1 – Fingers Up

- Coach throws ball **above the waist**
- Player catches with **fingers up**
- Stress using **two hands**
- Player throws ball back using proper throwing mechanics

Drill Part 2 – Fingers Down

- Coach throws ball **below the waist**
- Player catches with **fingers down**
- Stress soft hands and body in front of ball

- Player throws back with proper mechanics

Coaching Points

- Above the waist = fingers up
- Below the waist = fingers down
- Always move feet to get in line with the ball
- Use two hands whenever possible
- Stay low and balanced
- Quick transition from catch to throw

Video Library

Mechanics: [Youth Baseball Fielding Drill Young Players Will Love!](#)

Drill: [Instructional Videos - Season 4 - FIELDING GROUND BALLS 2 X 2 ON KNEES WITH GLOVE](#)

Drill: [Instructional Video - Season 5 - Reaction drill for infielders](#) (MP, Minors, Majors)

Drill: [Tony Medina Infield Drills](#)

Drill: [Top 10 Infield Drills for Baseball Players of ALL Ages & Skill Level \[Super Easy & Effective!\]](#)