



## INFIELDERS

- A. Short hops      With partner bounce(hard) short hops, straight on, forehand, backhand  
20 each way
1. Laterals:      Partner rolls a ball 3 feet to alternating sides.  
Concentrate on soft hands, bringing ball to chest  
Shuffle step, no backhands  
No Glove  
10 balls to each side, 2 reps
2. Backhands:    Partner rolls ball to backhand side 4-5 feet away  
With Glove, work on footwork and release  
10 balls, 2 reps
3. Repeat # 1 but with a glove and from a batted ball  
Concentrate on soft hands, footwork, and release  
Throw to targets simulating each base  
10 reps to each base
4. Repeat # 2 but from a batted ball, throwing to bases  
10 reps to each base
5. Pop-ups:      Fly balls hit or thrown behind you.  
Work on dropping at angles to right and left  
See how far you can go to catch a ball  
10 reps each way
6. Charging:     Set up 5 balls a varying distances in front of you  
Charge each ball, set and throw to each base  
2 reps

## THROWING DRILLS

### MECHANICS

1. Wrist Snap: Kneel on one knee, stride leg pointing toward partner approx. 15 feet apart.  
No Gloves  
Place non-throwing hand under throwing elbow  
Snap ball to partner using elbow and wrist, concentrate on wrist snap  
20 throws
2. Kneeling: Same as above except use regular arm motion.  
Concentrate on turning, pointing glove hand at partner, and follow through  
20 throws
3. Standing: Throw to partner from standing position. Use breakdown techniques progress  
from 15 feet to 40 feet.
4. Quick Throw: Work on framing and release. Catch and throw without hesitation for 2 mins.
5. Distance: Begin Throwing from 20 feet and progress at 5 foot increments (3 throws from  
each distance) until throws start to lob.  
Then proceed back toward partner.
6. Targets: Set up a target.  
Repeat #5. Only move back when you have hit target 2 out of 3 times.