

Fielding Drills/Games

1. Elephant and Alligator

Have the children line up in a single file line with their gloves. With two coaches, you can split the team in half. Have the children face you. Make sure they are spread out. Demonstrate with the other coach. We are going to roll grounders to the children one at a time. Have them spread their legs shoulder width apart and hang their arms down like an elephant trunk. Their glove needs to be down and their other hand out in front to cover the ball once it is in the glove. Once the ball is rolled and the child fields it, they cover the ball fast like an alligator chomp. Then they quickly pull it up to their belly and turn to throw. Have them do the motion without the ball. Once you do that a few times then start rolling them the ball. Once they progress with this, you can roll the ball side to side and have them slide over to get the ball. Demonstrate this first.

2. Power Ranger Drill

Divide the children into two lines. Each coach will take a line. One player from each line will step out. The coaches will roll grounders to the two players. The players will field the ball and then throw back to the coach. The first player to get 5 accurate throws back wins. Then the next two step up. Continue until everyone has had a turn.

3. Fielding and Throwing to a Base

Divide the children into two groups. Place one group at second base position and one group at shortstop position. Roll ground balls to the children and have the group at second base field the ball and throw to first base and the group at shortstop field the ball and throw to third base. Use your assigned staff member and or a parent to catch at the bases. If no one can volunteer, then only make one line and the other coach can be the baseman.

4. Field and Follow

If you have two coaches, divide the team up into two groups. Each coach will take a group to either shortstop or second base. The coach will roll a slow grounder to the first child in line. The child will charge the ball and field it. He or she will then throw it back to the coach and follow their throw.

5. Swarming

The coaches will place cones in the position areas (1st base, 2nd base, shortstop, third, and pitcher). Ask one player to stand by a cone and their job is to “guard” their area. The player to whom the ball comes closest to, fields the ball. If the ball travels between two cones, the player who gets there first gets the ball.

