

## INFIELD TEAM DRILLS

Here are some infield drills (although these can involve all players) that promote good catching habits, develop proper footwork and encourage quick exchanges. The speed of these drills can be varied, as well as the addition of different elements, to match the age/skill level of the players involved. These are *great* ways to get lots of catching and throwing reps in a relatively short time frame to promote overall good mechanics. Each of these can run 10-20 minutes depending on number of players involved, number of reps desired, number of elements added, etc. For more details, click on the links provided.

### Star Drills

- **Basic:** <https://www.youtube.com/watch?v=G0d5WDkxgOA>
- **With runner (for fun competition):**  
[https://www.dickssportinggoods.com/protips/sports-and-activities/baseball/baseball-drills-101-the-star-drill?srsId=AfmBOooJH0L-c8Uy2b\\_7RR5tFATykBMOaq6fdJZ4lf6aHdmzobL9fhGM](https://www.dickssportinggoods.com/protips/sports-and-activities/baseball/baseball-drills-101-the-star-drill?srsId=AfmBOooJH0L-c8Uy2b_7RR5tFATykBMOaq6fdJZ4lf6aHdmzobL9fhGM)

**Four Corners:** <https://www.youtube.com/watch?v=HwPCpzLmSYQ>

**Square Drill:** <https://www.youtube.com/watch?v=KDuQS3bExfl>

The following are different infield defense drills that can be incorporated into a practice:

### Kansas City Drill (~20 minutes):

Infielders in their positions, empty bucket at each infield position to collect baseballs, two coaches with fungos at home plate. Fielded balls get put in their bucket (or just tossed aside if not enough buckets available). When the home plate buckets are empty, each round is over. Players bring balls to home plate and refill those buckets to start the next round.

1. Round One, balls at them.
2. Round Two, balls to their left.
3. Round Three, balls to their right.
4. Round Four: 5-3 and 6-4. Working on balls to their right and making the throw.
5. Round Five: 6-3 and 5-4. Working on balls to their right and at them, making the throw.
6. Round Six: 3-6 (1B play back) and 4-6. Working on balls to their left and making the throw. 3B and SS alternate taking the throws at second base.
7. Round Seven: 3-6 (1B hold runner on) and 4-6 working on balls to their right.

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### **Tag Drills (~10-15 minutes):**

1. 1B receives throws from P or Coach on the mound. Practice correct setup, letting the ball travel, swipe tag. At the same time, 3B receives throws straddling bag, letting the throw come to them from 2B near second base bag and SS in short left field.
2. SS & 2B receive throws from P or Coach on the mound. Cover the bag straddling & apply swipe tag. Alternate players from each line. At the same time, 3B receives throws from C.
3. SS & 2B receive throws from C. Cover the bag straddling, letting the ball travel & applying swipe tag. Alternate players. At the same time, 3B receives throws from OF in LF.