



## INFIELD PLAY – THE SPARTAN WAY

# INFIELDER DEVELOPMENT

### Skill Progression

- I. **Pre-Contact Preparation**
  - A. Prep Step
  - B. One Step
  - C. Four Steps
- II. **Dead Ball Approach**  
**Partner Walk (Glove)**
  - A. Front
  - B. Forehand
  - C. Backhand
  - D. Slow Roller
- III. **Low Ball**  
**Cone (Barehand)**
  - A. Knees
  - B. Front
  - C. Forehand
  - D. Backhand
  - E. Slow Roller
- IV. **High Ball**  
**Cone (Barehand → Paddle)**
  - A. Knees
  - B. Front
  - C. Forehand
  - D. Backhand
  - E. Slow Roller
- V. **Short Fungos**  
**(Paddle → Training Glove)**
  - A. Knees
  - B. Stationary
  - C. Full Approach
- VI. **Ball In Glove (B.I.G.)**
  - A. Knees
  - B. Front
  - C. Forehand
  - D. Backhand
  - E. Slow Roller
- VII. **Transfer**
  - A. Wall Ball (2 balls)
- VIII. **Cut Offs and Relays**
  - A. B.I.G. (Glove)
  - B. Soft Toss (Paddle)
  - C. Short Toss (Training Glove)
- IX. **Tags**
  - A. B.I.G. (Glove)
  - B. Soft Toss (Barehand)
  - C. Short Toss (Training Glove)

### Drill Series

- I. **Speed Ladder – Tags / Picks / Turns**
  - A. One Foot In / Two Feet In
  - B. Forward Shuffle / In and Out
  - C. Torso Twists – both directions
  - D. Right Foot In / Left Foot In
  - E. Lateral Shuffles – both directions
  - F. Lateral In and Out – both directions
- II. **Hands Warm-Up (Communication)**
  - A. Behind the Back (Both Directions)
  - B. Figure Eight (Both Directions)
  - C. Barehand Catch (Both Hands)
  - D. Glove Catch (Both Hands)
  - E. Palm-Up Catch (Partner)
  - F. Rapid Fire Transfer (Net)
- III. **Short Hops**  
**(Barehand → Training Glove → Glove)**
  - A. Front (Including Up Hop)
  - B. Forehand
  - C. Backhand
- IV. **Hop Recognition**
  - A. "One" or "None"
  - B. Bounce – Top / Bottom / Short / Up
- V. **Fungos**  
**(Paddle → Training Glove → Glove)**
  - A. Front
  - B. Forehand
  - C. Backhand
  - D. Slow Roller
- VI. **Range Drill**
  - A. Pick-Ups
  - B. One Cone
  - C. Two Cones
- VII. **Live Ground Balls**
  - A. Tee Work
  - B. Soft Toss
  - C. Short Toss
- VIII. **Reaction Drill**
  - A. Wall Drill
  - B. Reaction Ball
- IX. **Competitive Drills**
  - A. Last Man Standing (Stop Watch)
  - B. Fielding Percentage Evaluation
  - C. Live Ground Balls (Game)
  - D. Perfect Game (21 Outs)
  - E. Cut Off and Relay Race