

Ball in Hand

Skill Set: Infield

Difficulty Level: Medium

Number of Athletes and Coaches: 1-5 athletes and 1 coach, or 5 athletes as a group, or full infield

Average Time to Complete: 10 minutes

Equipment Required: Gloves, fungo bat, bucket of baseballs

Goal: Focus on keeping hands separate and fielding the ball cleanly with just the glove

Description of the Drill:

- Players in a line at the short stop position, each with a ball in their throwing hand
 - Coach/player hitting fungo ground balls at least halfway from home plate
 - Players field the ball with their glove, keeping the other ball in their throwing hand away from their glove
 - Players throw the ball in their throwing hand to the player at first base and then rotate to the back of the line, keeping the ball they fielded
 - Players rotate through the line until each player has fielded 10 ground balls
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Layout of Drill:

