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

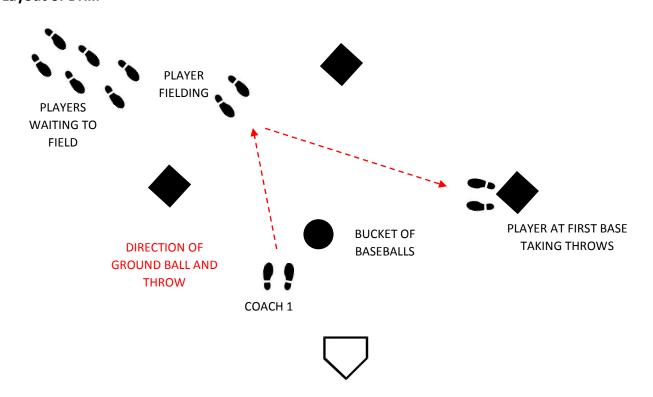
Average Time to Complete: 10 minutes

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



Layout of Drill: