



Defensive Stations – Infield and Outfield

Skill Set: Infield, Outfield

Difficulty Level: Easy

Number of Athletes and Coaches: Athletes broken into 2 groups, 1 group per station

Average Time to Complete: 30 minutes, each station takes 15 minutes, then groups rotate stations

Equipment Required: Fungos for coaches, gloves, bucket of baseballs

Goal: Focus on the fundamentals of infield and outfield through rotational stations.

Infield Stations – 15 minutes total

The following stations should be set up on a field or on throw down bases, with a coach hitting groundballs at the Shuffle Gather Throw Fungo and Slow Roller Fungo stations.

1. Shuffle Gather Throw Fungo – 10 minutes

- Players are at least 60 feet away from the coach in a line (or in the infield positions), one player at 1st base
- Coach is near home plate, hits groundballs to players
- Players field ground ball, staying low, and come up to shuffle feet once, gather the ball in the throwing hand, to throw to 1st base
- Players should stay under control when shuffling and get themselves in a better position to throw
- Players field and throw the ball, then rotate to the back of the line
- Coach hits groundballs so that each player receives 10 repetitions

2. Slow Rollers Fungo – 5 minutes

- Players are at least 60 feet away from the coach in a line (or in the infield positions)
- Coach is near home plate, hits slow rolling groundballs to players
- Players charge the slow rolling ground ball, staying low to field it under control with two hands, and fake a throw to the 1st baseman
- Players should stay under control so that they can break down and field the ball (don't charge so fast that the player is out of control)
- Players field and throw the ball, then rotate to the back of the line
- Coach hits groundballs so that each player receives 10 repetitions

Outfield Stations – 15 minutes total

The following stations should be set up on an open field, with a coach hitting balls at the Outfield Communication station and throwing fly balls at the Quarterback Angle Throw station.

1. Outfield Communication – 10 minutes

- 1 player in each outfield positions, other outfielders in lines behind them

- Coach at home plate hits pop flies, ground balls, and line drives between left and center field, and right and center field (alternate every other hit)
- The players that the ball is hit between must communicate with each other to call for the ball ("BALL BALL BALL!")
- The player that calls for the ball should field it and throw it back in to the coach, while the other player should back them up, making sure the ball gets stopped quickly if it gets past the first outfielder
- Players rotate lines each time they go through the drill, so that each player can play each position
- Players should rotate through the lines so that they each get 10 repetitions

2. Quarterback Angle Throw – 5 minutes

- Coach stands on right/left field line, players each have a ball, in a line behind the coach
- Player tosses coach their ball and sets up 10 feet from the right/left field line facing the coach
- Coach points over the player's right or left shoulder to dictate direction of drop step
- Player takes a drop step in that direction, stepping back with the foot on the side the coach pointed to, and runs on a backwards angle in that direction
- Coach throws a fly ball out in front of the angle the player is running, player catches fly ball and runs to the back of the line with the ball in their glove
- Players should rotate through the line so that they each receive 10 repetitions, coach should alternate drop step directions