



Grounders

Skill Set: Outfield

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Balls and gloves

Goal: Field the ball on the outside of glove-side foot, keep head down, eyes on the ball

Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 15 feet away in left/right field
- Throwing partner rolls ball on the ground towards receiving partner at a slow to medium speed
- Receiving partner in ready position with glove foot slightly in front of throwing foot
- Receiving partner fields the grounder to the outside of their glove foot that is slightly forward
- Receiving partner should keep their head down, eyes on the ball and push through with glove
- Partners roll grounders back and forth to each other until each player has received 10 grounders

Add Difficulty:

- To add a degree of difficulty, the receiving partner can field with their throwing foot slightly forward and should field to the inside of the throwing foot.
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Layout of Drill:

