



## Infield – Game Situations

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**Skill Set:** Infield

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** Whole team, 2 coaches

**Average Time to Complete:** 25 minutes

**Equipment Required:** Bases, baseballs, gloves, bats

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**Goal: Focus on infield cooperation in double play and rundown situations.**

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### Infield Stations

*The following stations should be set up on field or with throw down bases with coaches hitting groundballs at the Pirate Drill station.*

#### 1. Pirate Drill – 15 minutes

- Infield is at all positions except pitcher, 2 players at each position, catchers in full gear
- Coaches are set up on either side of home plate to hit ground balls to infield
- Coaches will hit across each other, so that the balls cross paths
  - Coach 1 Rotation (Make sure players stay out of the way of throws!)
    - Coach 1 hits fungo to third baseman
    - Third baseman turns a double play with the second baseman at second
    - Second baseman throws to the first baseman at the screen
    - First baseman at the screen throws ball back to catcher
  - Coach 2 Rotation (Make sure players stay out of the way of throws!)
    - Coach 2 hits fungo groundball to shortstop (shortstop plays deep)
    - Shortstop throws ball to first baseman at first base o First baseman throws ball back to catcher 2
    - Players rotate at their positions until each coach has gone through a bucket of baseballs

#### 2. Rundown – 10 minutes

- Divide players into pairs. Partners will take turns acting as chaser and receiver
- Place one pair of players at third base. Receiver should be approximately five feet in front of third base
- Place a cone 30 feet from third base, on the foul line toward home plate, to act as a "release point"
- Chaser should stand at home plate, facing third base, approximately 3 feet to their side of the foul line.
- Chaser holds a ball in the throwing position and runs full speed toward third base
- Receiver asks for the ball when the chaser reaches the cone by stepping forward and yelling "NOW!" with hands held shoulder high in receiving position
- Chaser makes a soft toss to the receiver and rotates right

- Receiver simulates a tag and flips the ball back to the chaser
- Chaser returns to home plate to the end of the line
- Second chaser and second receiver wait until after the chaser has gotten the ball back before taking their turn
- Each pair should complete 6 reps total. After each pair has cycled through 3 reps, make sure partners switch roles for the next 3 reps so that all players have been both chasers and receivers