



Short Hops

Skill Set: Outfield

Difficulty Level: Medium

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 as soon as it bounces off of the ground, push glove through the ball

Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 10 feet away in left/right field
- Throwing partner throws ball so that it bounces just before it reaches their partner at a slow to medium speed
- Receiving partner stands in ready position with feet planted shoulder-width apart, knees bent, facing partner
- Receiving partner waits for the ball to bounce just before their glove, then tries to catch it as soon as it bounces off of the ground, pushing glove through the ball towards their partner
- Partners throw short hops back and forth to each other until each partner has had 10 repetitions

Add Difficulty:

- To add a degree of difficulty, receiving partner can turn so that glove shoulder is pointed toward their partner and they are able to field a short hop using their backhand
- Receiving partner should still push their glove (backhanded) through the ball as soon as it bounces off of the ground

Layout of Drill:

