



# Slow Rollers Fungo

**Skill Set:** Infield

**Difficulty Level:** Medium

**Number of Athletes and Coaches:** 2-3 athletes and 1 coach, or 4 athletes as partners

**Average Time to Complete:** 10 minutes

**Equipment Required:** Gloves, bat, bucket of baseballs

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**Goal: Charge the ball, stay low and stay under control, break down to field the ball**

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## Description of the Drill:

- 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 1<sup>st</sup> 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

## Add Difficulty:

- To add a degree of difficulty, players can throw the ball to another player at 1<sup>st</sup> base

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## Layout of Drill:

