

TECHNIQUES & DRILLS THAT ENHANCE YOUR INFIELDER'S SKILLS

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PEANUTS®



HOW IMPORTANT IS YOUR INFIELD?

- They are more than $\frac{1}{2}$ of your team (with pitcher)
- $\frac{3}{4}$ of all balls hit are hit to your infielders
- 92% of all balls hit are hit in front of outfielders



SIMPLE WAYS TO MAKE YOUR INFIELDBETTER:

- Make the play *BEFORE* you field the ball, not after:

YES



body position to ball

glove position to body

balance

quick feet



NO



SIMPLE WAYS TO MAKE YOUR INFIELDERS BETTER:

CATCH WITH 2 HANDS FOR:

The catch

The throw



SIMPLE WAYS TO MAKE YOUR INFIELDBETTER:

- Break the glove in so the pocket is wider than it is long (**no Tacos**)



- Not bigger than them



SIMPLE WAYS TO MAKE YOUR INFIELDBETTER:

Ready Position -

Not too low (makes fielders slower)

Not too stationary (slight creep, under control)



SIMPLE WAYS TO MAKE YOUR INFIELDBERS BETTER:

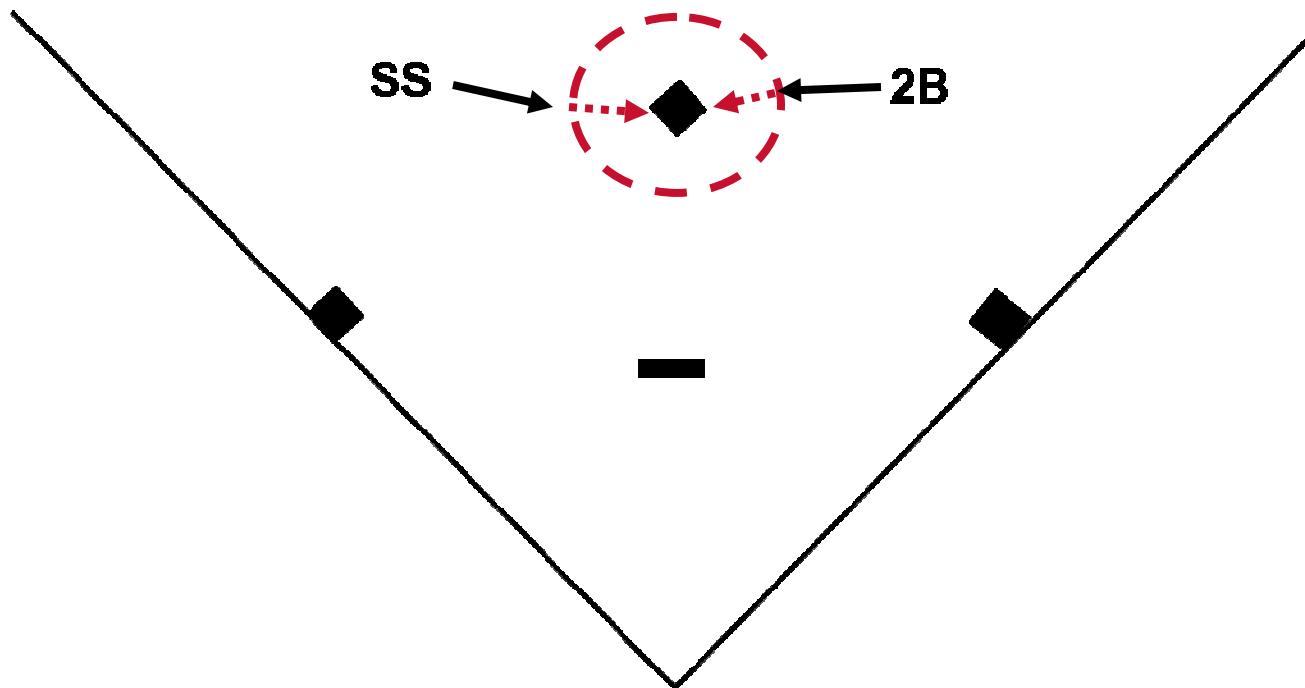
Ready Position -

Middle Infielders set up higher than corner infielders

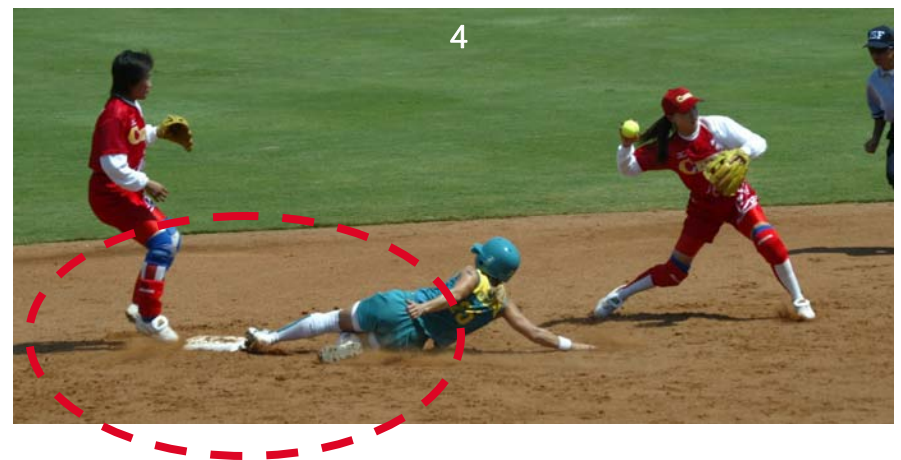
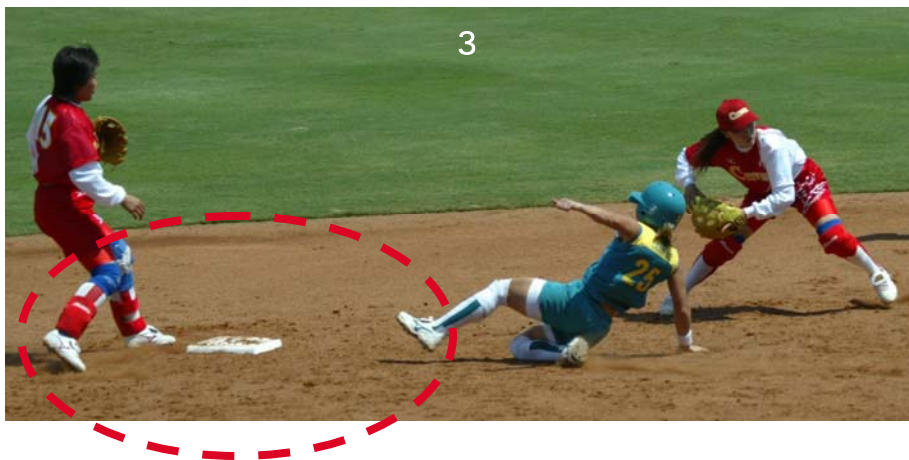
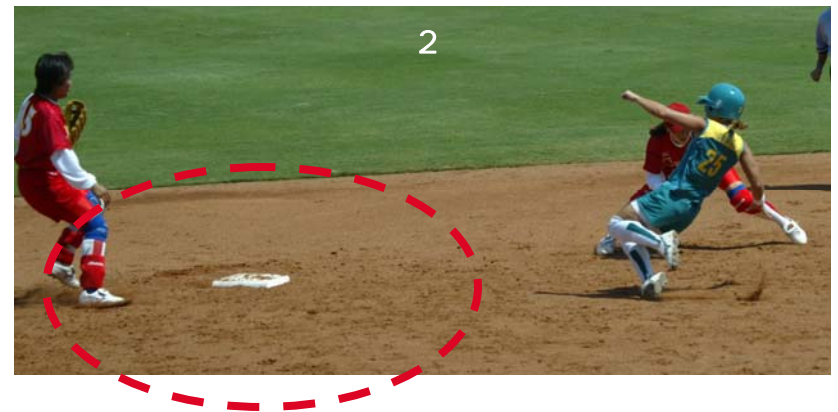
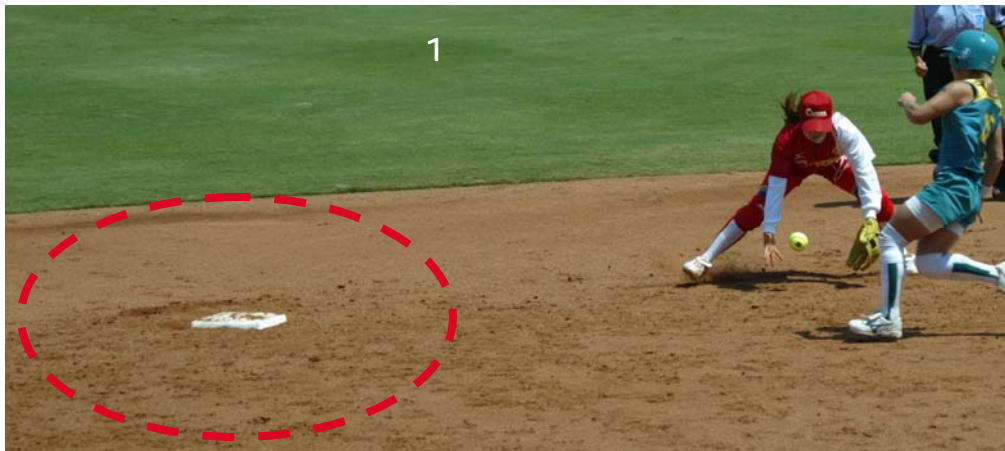
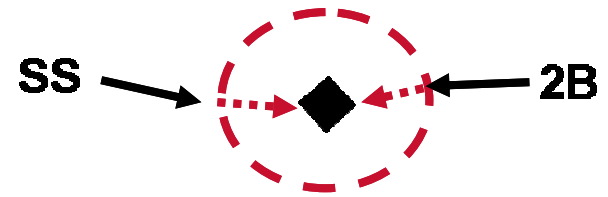


SIMPLE WAYS TO MAKE YOUR INFIELDBETTER:

- Throws to 1st need to be QUICK, not hard!
- For the double plays and receiving throws around bases: take small, soft steps keeping your feet under you. The **Circle of Control**.



•CIRCLE OF CONTROL



SIMPLE WAYS TO MAKE YOUR INFIELDBERS BETTER:

The importance of *QUICKNESS*:

- Home to 1st Base = 60 Feet
- Ave. time from home to 1st = 3.0 seconds
- That means in 1 second = Runner goes 20 feet
- 1/10th of a second spent by an infielder = 2 feet for the runner

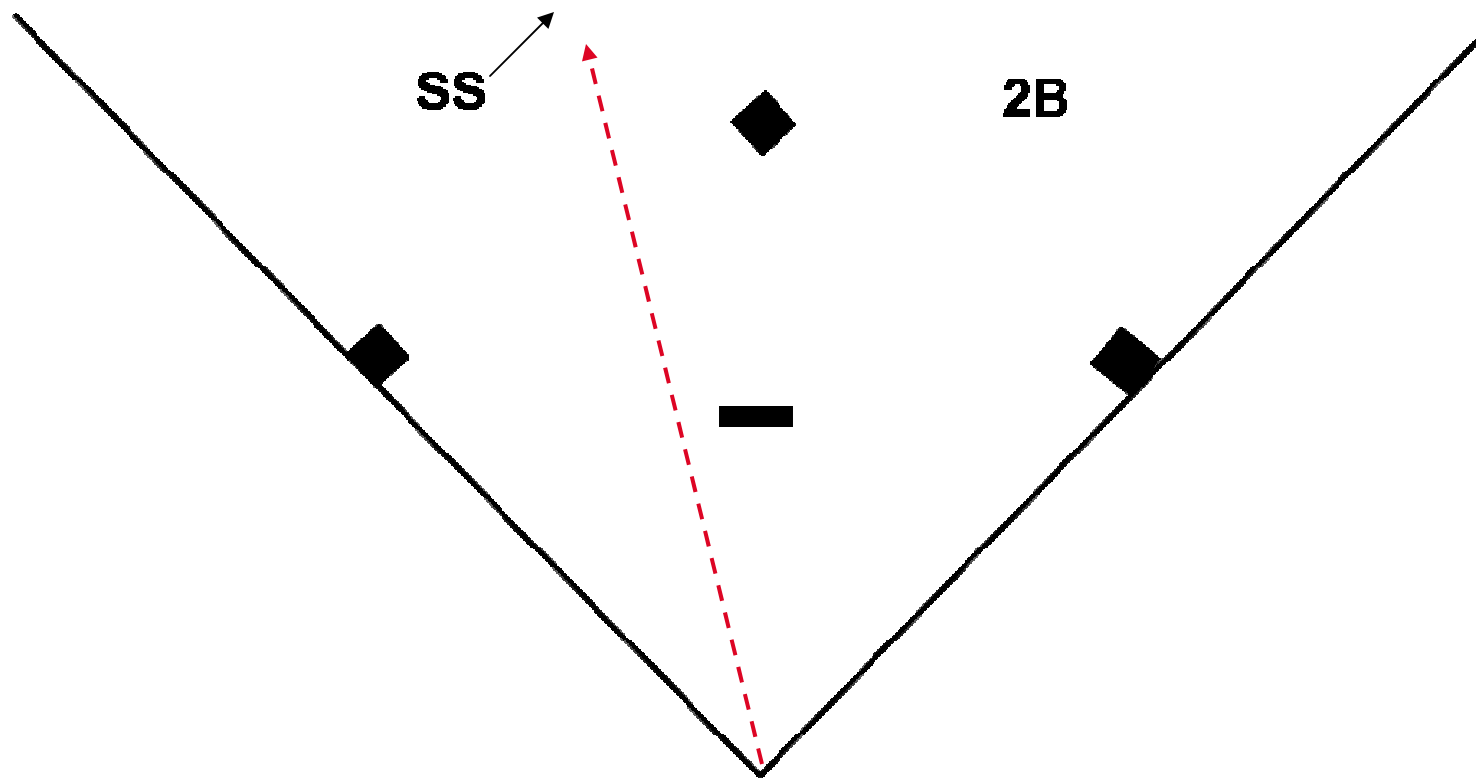
How many plays at 1st Base are within 2 feet?

Long steps = slow arm

Short steps = quick arm

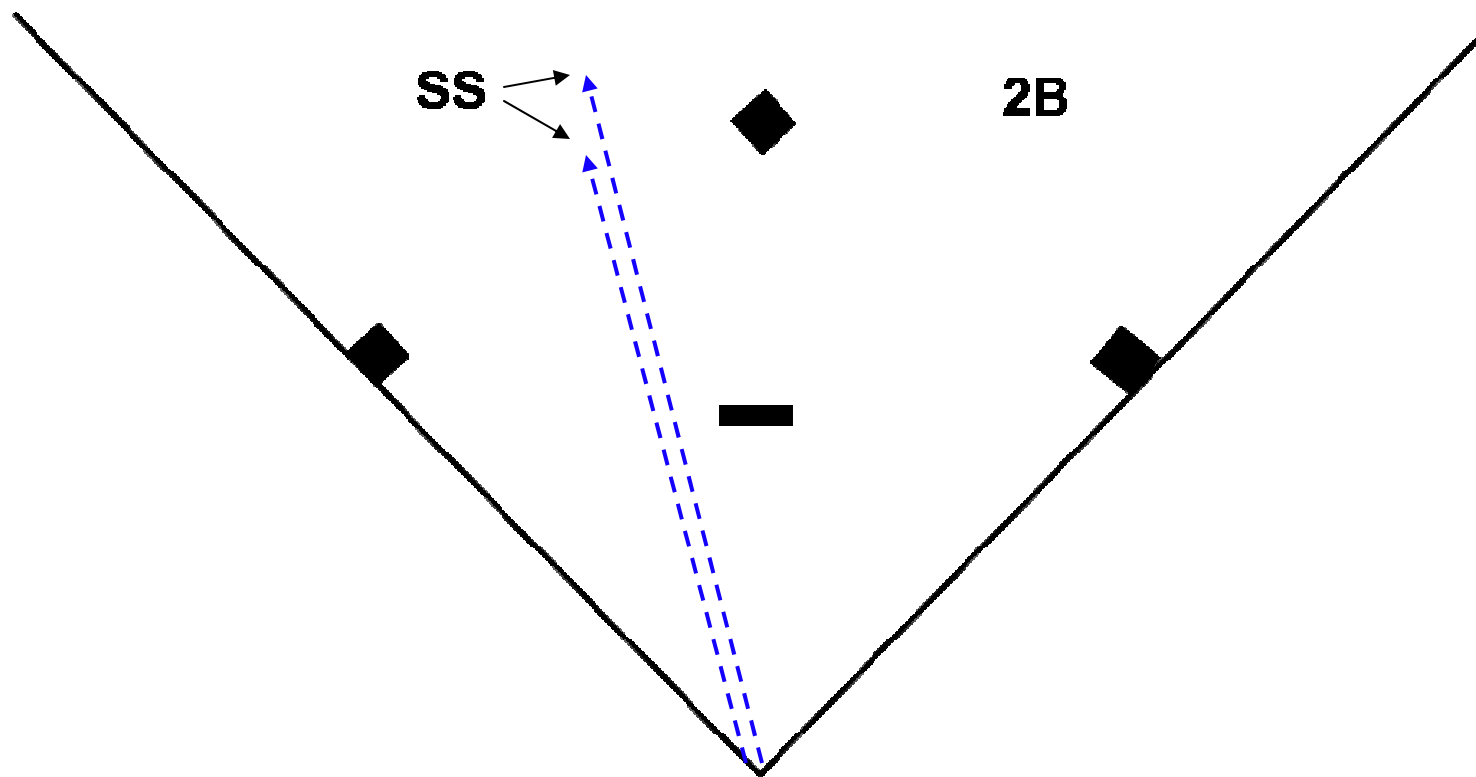
SIMPLE WAYS TO MAKE YOUR INFIELDBERS BETTER:

Angle on **HARD** HIT BALLS –
(back)



SIMPLE WAYS TO MAKE YOUR INFIELDBERS BETTER:

Angle on **SOFT** HIT BALLS –
(straight across or in)



SIMPLE WAYS TO MAKE YOUR INFIELDBERS BETTER:

Fielding Slow Rollers -

Field ball on glove foot

Throw ball off throwing foot

Continue running past throw

SIMPLE WAYS TO MAKE YOUR INFIELDBERS BETTER:

DIVE PLAYS – simple steps to make it easier

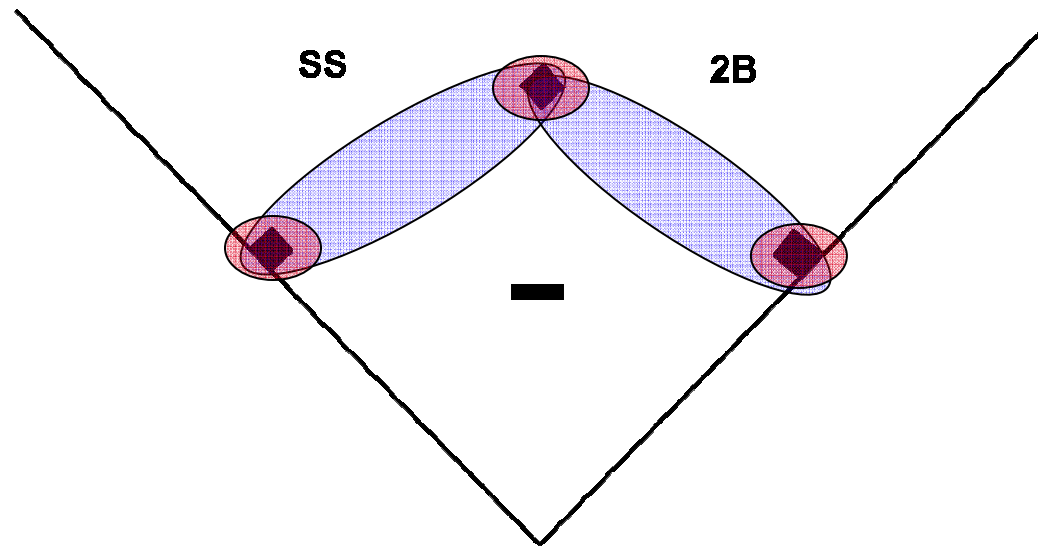
→ *See the dive from the proper height*



- 1) Stay in ready position height during the dive
- 2) Turn bellybutton and toes to location of the catch
- 3) Place bare hand on ground @ shoulder height
- 4) Stretch out to ball with glove arm
- 5) Keep body straight and palm to the ball (not ground).
- 6) After the catch – get ready to **MAKE THE PLAY!!**

HOW IMPORTANT IS YOUR *MIDDLE* INFIELD?

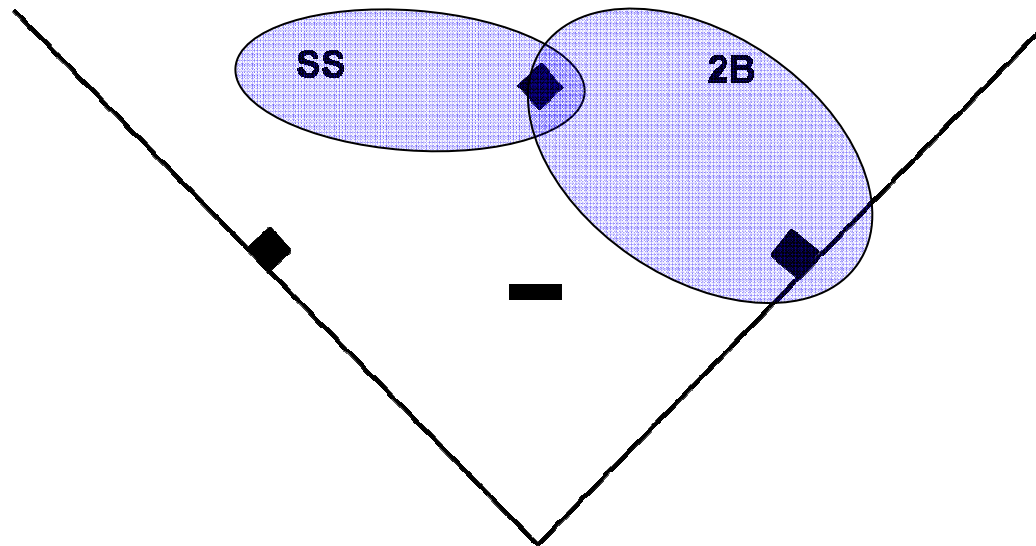
(Shortstop & 2nd Base)



- The cover all 3 bases between the 2 of them
- Expected to have range of 60- 62 feet each:
 - **SS** (3rd base on steals & 2nd on bunts, slaps, steals)
 - **2nd** (2nd base on forces/steals/pickoffs and 1st base on bunts, slaps, pickoffs)

HOW IMPORTANT IS YOUR *MIDDLE* INFIELD?

(Shortstop & 2nd Base)

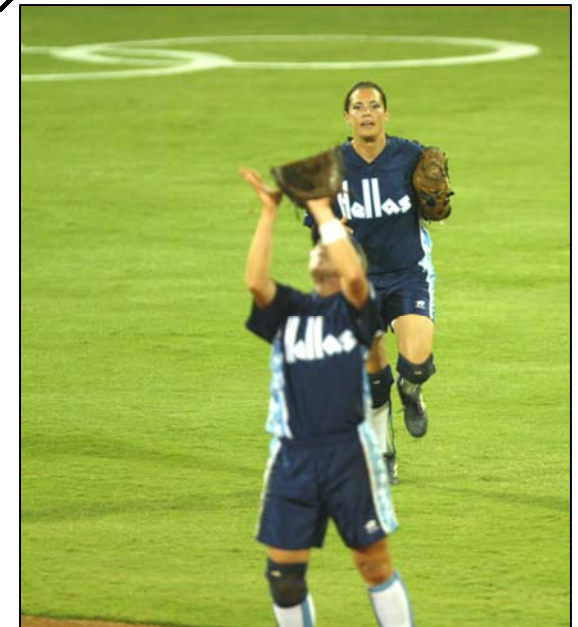
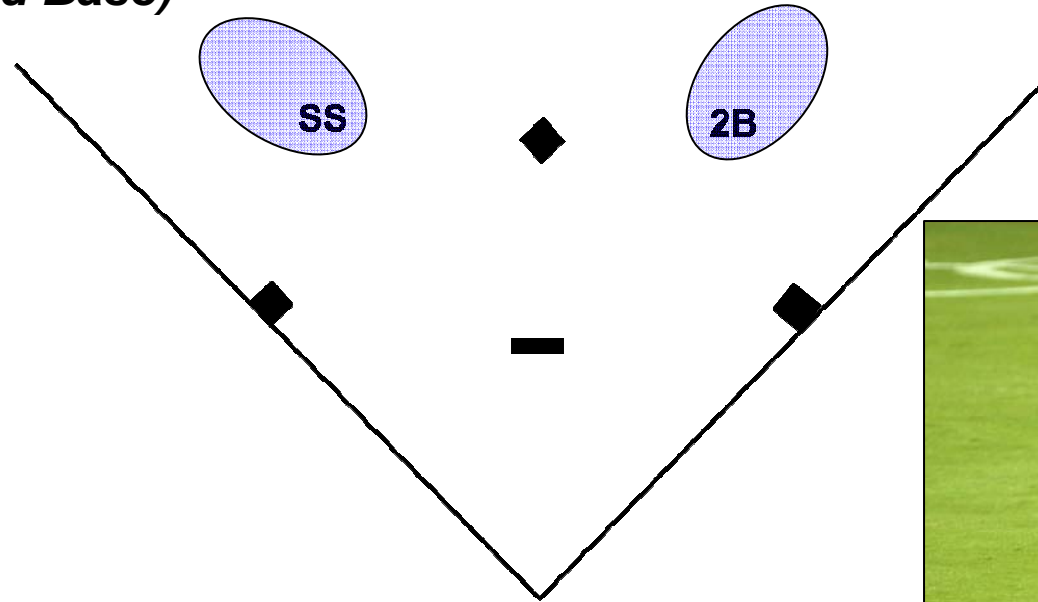


The **BETTER** your pitcher:

- opponents will create/manufacture runs by *STEALS, SLAPS, AND BUNTS*.
- ... SS and must hold their positions incase the ball is hit, and then immediately be 30 to 40 feet away in perfect position to cover base.

HOW IMPORTANT IS YOUR *MIDDLE* INFIELD?

(Shortstop & 2nd Base)



The **WORSE** your pitcher:

- Balls are hit harder (harder to field)
- Balls are hit more often (more chances for mistakes).
- Balls are hit to the outfield more so more plays with their backs to the throw and the hitter.

DRILLS FOR INFIELERS:

- **10-in-a-Row**
- **Counting Bounces**
- **GB's without Throws** (*tons of balls, field & toss to the side*)
- **GB's without Gloves** (*tennis balls or Jugs softy balls*)
- **Numbered Line Drill**
- **10 quick throws**
- **Fungos to 1st base**

FOR INFIELD QUICKNESS

- **Double Runners**
- **Closer Runners**