

Infield Footwork – Variation Training

Adapted from: Nate Trosky, Making Plays, 2017 ABCA Convention

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- Mindset - every infielder should strive to be a shortstop, as the footwork required for shortstop will allow them to play any other position.
- These sequences can be practiced “dry” at first before incorporating balls
- Slow roller examples can be viewed at:

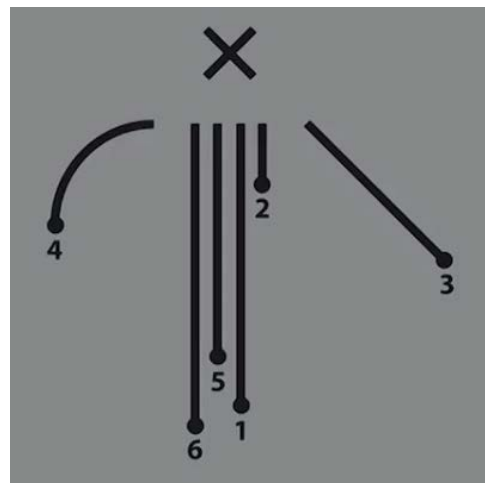
<https://www.youtube.com/watch?v= avLioMVEu8>

Players are working on:

- a) Pre-pitch sequence (sway, right-left-hop, or split)
- b) First step
- c) Route
- d) Fielding footwork
- e) Glove work
- f) Throwing footwork

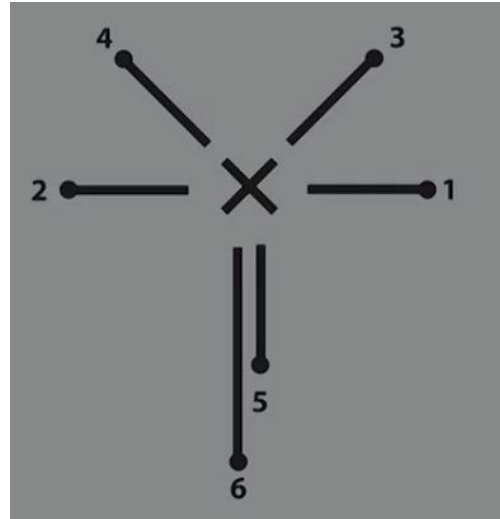
Series 1 – Slow Roller Sequence – a series of slow rollers that force the player to make plays while on the move

1. Do or Die – chopper and go get it!
2. Chopper Sit Back w/ Quick exchange
3. Two-handed Slow Roller Left
4. Sweeping Backhand Right
5. Do or Die – come get it 1 handed
6. Do or Die – come get it barehand



Series 2 – Star Sequence – variation of medium and hard hit balls that makes fielder move in, lateral, and back

1. Lateral left – get in front
2. Lateral right – get in front
3. Dropstep left – field with forehand
4. Dropstep right - field with backhand
5. Routine – cut the distance
6. Do or die – chopper and come get it



Series 3 – Neutral Sequence – variation of medium and hard hit balls hit at the infielder

1. Drop step back create depth
2. Hard hit ball – no time to move feet - field and step through, throw
3. Routine – step right, step through, throw
4. Routine – come get it – one handed
5. Routine – cut the distance
6. Ball right – come and get it on the run

