

### INFIELD Circle Catch

- Make a game. How many in 30 seconds?

### Star Drill

### Box Drills

- 4 Shuffles- Keep in line.
- 2 Shuffles
- Glove Side
- Arm Side- 'in and out'
- Across the Box

Relay Drills- Tag → Cut → Cut → Tag and then return the ball the other direction

## Defending the Diamond

### Throwing Drills

- Circle Catch



- Star Drill



- Square/box drills

- 4 shuffles
- 2 shuffles
- Glove side
- Arm side
- (in/out)
- Across



- Relay Drill (cutters/taggers)

### Glove Drills

### Up & Downs- 1-2 rhythm

- Ball to glove. Down- Up- Down- Up Field.

### Coach to throw short hops (to 1B)

- Left eye. Glove.
- Every player with a ball.
- Line up at 2B. Short hop. Straight.

## Defending the Diamond

### Glove Drills

- Up downs (1-2 rhythm)
  - Ball in glove



- Coach short hops
  - Left eye, glove, BH



### Figure 8

- Throw glove side & arm side

### Box Hops-

- Jump off Box and land on feet

### Challenge

- Go from square position.
- Coach calls square, left, right and field. Field is simulation

### Tags

## Defending the Diamond

### Glove Drills

- Figure 8



- Box Hops



- Challenge hops



- Tags

Miscellaneous

Partner GBs

- 1 touch- field/throw
- 2 touch- field/throw/tag
- 3 touch- field/throw/tag/throw/

Short fungos- Hit from coaches knee

Triangle Drill

- Figure 8- (flip/pivots) 2B & SS
- Bounce Drill- work feet- around & get the short hop

## Defending the Diamond

- Miscellaneous

- Partner GBs

- 1 touch
- 2 touches
- 3 touches

- Short fungos

- Triangle Drill



- Miscellaneous

- Figure 8 DPs



- Bounce Drill

