

<p>INFIELD Circle Catch</p> <ul style="list-style-type: none"> • Make a game. How many in 30 seconds? <p>Star Drill</p> <p>Box Drills</p> <ul style="list-style-type: none"> • 4 Shuffles- Keep in line. • 2 Shuffles • Glove Side • Arm Side- 'in and out' • Across the Box <p>Relay Drills- Tag → Cut → Cut → Tag and then return the ball the other direction</p>	<h2 style="text-align: center;">Defending the Diamond</h2> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>Throwing Drills</p> <ul style="list-style-type: none"> • Circle Catch  <ul style="list-style-type: none"> • Star Drill  </div> <div style="width: 45%;"> <ul style="list-style-type: none"> • Square/box drills <ul style="list-style-type: none"> - 4 shuffles - 2 shuffles - Glove side - Arm side <ul style="list-style-type: none"> - (in/out) - Across  <ul style="list-style-type: none"> • Relay Drill (cutters/taggers) </div> </div>
<p>Glove Drills</p> <p>Up & Downs- 1-2 rhythm</p> <ul style="list-style-type: none"> • Ball to glove. Down- Up- Down- Up Field. <p>Coach to throw short hops (to 1B)</p> <ul style="list-style-type: none"> • Left eye. Glove. • Every player with a ball. • Line up at 2B. Short hop. Straight. 	<h2 style="text-align: center;">Defending the Diamond</h2> <h3 style="text-align: center;">Glove Drills</h3> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <ul style="list-style-type: none"> • Up downs (1-2 rhythm) <ul style="list-style-type: none"> - Ball in glove  </div> <div style="width: 45%;"> <ul style="list-style-type: none"> • Coach short hops <ul style="list-style-type: none"> - Left eye, glove, BH  </div> </div>
<p>Figure 8</p> <ul style="list-style-type: none"> • Throw glove side & arm side <p>Box Hops-</p> <ul style="list-style-type: none"> • Jump off Box and land on feet <p>Challenge</p> <ul style="list-style-type: none"> • Go from square position. • Coach calls square, left, right and field. Field is simulation <p>Tags</p>	<h2 style="text-align: center;">Defending the Diamond</h2> <h3 style="text-align: center;">Glove Drills</h3> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <ul style="list-style-type: none"> • Figure 8  <ul style="list-style-type: none"> • Challenge hops  </div> <div style="width: 45%;"> <ul style="list-style-type: none"> • Box Hops  <ul style="list-style-type: none"> • Tags </div> </div>

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

