

Half Circle Drill - First Baseman

ABCA 2023: *Jim Chester: Developing an Elite First Baseman, Skills and Drills for a Neglected Position.*

Objective: The main objective of this drill is for the first baseman to develop an understanding of where they should be catching balls in the air and where they should be stretching.

Description: Create a half circle around first base using small cones, bands, or other markers that don't interfere with the balls. The half circle should be customizable to the age or size of the players participating in the drill. This half circle represents the stretch zone of a first baseman, all balls inside of the cones should be caught in the air. This means the first baseman should not be stretching past or catching any balls in the air outside of the half circle. Meanwhile, no balls landing inside the cones should be getting picked. The balls can come from either a machine or a coach throwing or hitting the balls with a fungo. The balls should come from the three following zones:

Zone 1: Left Side of the Infield

- The first baseman should have their foot placed more to the left side of the inside edge of the bag (first baseman's left).

Zone 2: SS to 2B

- The first baseman should have their foot placed neutral in the middle area of the inside edge of the bag.

Zone 3: 2B to 4-Hole

- The first baseman should have their foot placed closer to the right side of the inside edge of the bag (first baseman's right).

