

Infield Skills Progression – Updated December 2022

Throwing

- Throwing Warm Up Progression
- Throwing Every Days
- Throwing Focus Drills
- Throwing Transfers – M Drills
- Quick Transfers – Box / Square Dills
- Run Down Throws
- On the Run Throws
- Throws to 1B
- Throws to 2B
- Glove Flips / Squeeze Plays
- Underhand flips / Back hand flips

Double Plays & Double Play Foot Work

- 2B footwork
- SS footwork
- DP footwork with 3 bags (IG and Kai)
- Double Play Communication (Plays at 2 & 3)
- Fielding & Feeding Lanes

Tagging

- learn all positioning, footwork – do not keep foot on bag
- take all throws from the side of the bag the infielder is throwing from
- take all throws from the outfielders on the outfield side of the base and allow the ball to carry to player – stay at the bag unless the throw is off line
- catch first, tag second
- keep tag on runner until time is called unless there is another play
- move body to keep ball in front of body on bad throw
- always be ready for another play after tag
- tagging with one hand will make for a quick tag and place body in a more balanced position

Infield Fly Balls

- Drop Steps
- Finding the Fence

MISC

- 1B Fielding Different Throws
- Infield Cutoff Positions
- Covering Home on Passed Balls
- Diving
- Slap Defense
- Catcher Backing Up 1B
- Bunt Defense
- No Force Plays- Checking the Runner

GLOVE SERIES – 5 Middle, 5 Forehand, 5 Backhand or MIX + MIX snakes and short hops

- Knees – *straight on in/out frame + 45*
 - Roll + hinge + pop back
 - Roll + hinge (rapid)
 - Short hop – no hinge, just press
 - Short hop – press + hinge + pop back
 - Short Hop – press + hinge (rapid)
 - Fungo – no hinge, just press
 - Fungo – press + hinge
 - Fungo – press + hinge + throwing footwork
 - Fungo – press + hinge + throw
- Standing – *straight on in/out frame + 45*
 - Roll + hinge + pop back
 - Roll + hinge (rapid)
 - Short hop – no hinge, just press
 - Short hop – press + hinge + pop back
 - Short Hop – press + hinge (rapid)
 - Fungo – no hinge, just press
 - Fungo – press + hinge
 - Fungo – press + hinge + throwing footwork
 - Fungo – press + hinge + throw

- Shuffle with press + hinge + pop

FIELDING POSTION EMPHASIS

- Hands relaxed in front
- Hip Hinge and wide stance fielding position
- Flat back
- Hinge the wrist, wrist in front of the nose the nose, expose palm
- Present the palm at the correct time, not early, not late

BACKHAND FIELDING

- Hinge (short hop)
- Roll the thumb (roller)

NOTES

- Knees 8-10 inches from grass edge or line
- Expose the palm
- Pocket Open
- Field at top of palm just below the web
- Press → Hinge to chest <---> BRING THE FEET
 - Hinge to chest is first part of transfer (bring the feet), not the last part of field (no funnel)
- Two hands inside the frame, one hand outside the frame
- Press the short hop, let the long hop come to you (but still the same fielding position/location of arms and glove)

THROWING FOCUS / ARM SLOTS

- Every Day's
 - On throwing hand knee, glove leg out to side
 - On throwing hand leg, glove leg straight back
 - On feet - Shifting weight, no step
- Rapid exchange & throw drill → <https://www.youtube.com/watch?v=5EoKJGXVrDM>
 - Knee down ground ball roll
 - Standing ground ball roll
 - Standing receive a feed
 - One leg (3 step to right leg) big hop
 - One leg (3 step to right leg) short hop
 - One leg (3 step right leg) ground ball rolling
- 4 corner drills & Star drill
- Box and triangle drills (roll + flip/throw + tag)

FOOTWORK – Approach & Transition

- Different routes
- Angles
- First step (see Kai video)
- V Series Cone Drills
- Ladder drills
- Rolling ball series

Receive/Exchange/Transfers/Redirects

- Every Day's – SLIDE NUMBER 6 IN VIDEO [CLICK HERE FOR VIDEO](#)
 - Left shuffle
 - Relay throw (ride the throw)
 - Reverse pivot
 - Tag
- M Drills - throw to a base - [CLICK HERE FOR VIDEO](#) - SLIDE NUMBER 7 IN VIDEO
 - Shuffle to left
 - Relay throw behind (ride the throw)
 - Reverse pivot to the right
- Kai & Tucker Drills

Pre-Pitch Hop

- Feet in the air as ball passes thru the zone
 - Pre-pitch - https://www.instagram.com/p/BzSlvN-AT2b/?utm_source=ig_web_copy_link
 - Pre-pitch - https://www.instagram.com/p/BxWu7VlgBIF/?utm_source=ig_web_copy_link
 - Pre-pitch - https://www.instagram.com/p/Bv-xJtVAGIL/?utm_source=ig_web_copy_link
 - Pre-pitch - https://www.instagram.com/p/BvqO3YTHF6C/?utm_source=ig_web_copy_link
 - Pre-pitch - https://www.instagram.com/reel/CIHNluOrqYB/?utm_source=ig_web_copy_link
 - Pre-pitch - https://www.instagram.com/reel/CjlpTXKgCzD/?utm_source=ig_web_copy_link
 - First step - https://www.instagram.com/p/Brn8p6Eh8J8/?utm_source=ig_web_copy_link

Rolling Ball Series

- Middle
- Forehand side square it up
- Backhand Side Square it up
- Forehand side drop step
- Back hand side drop step
- Slow rollers and backhand rake thru

<https://www.youtube.com/watch?v=XDwFdR4gluQ>

<https://www.youtube.com/watch?v=33TD8vMkOhg>

Ladder Series

- Run thru, both feet each square (go to 30 second mark) <https://youtu.be/vCcHBY81Ags?t=32>
- Icky shuffle <https://www.youtube.com/watch?v=aw-b-HLU5ZQ>
- Slalom → Center (drill 2) <https://youtu.be/zpxhJ2CvaDg?t=99>
- Slalom → FH/BH (drill 4) <https://youtu.be/zpxhJ2CvaDg?t=192>
- In and out https://www.youtube.com/watch?v=sAf2UkhSJ_Y
- Side shuffle <https://www.youtube.com/watch?v=Dg9embfYLBk>
- Side shuffle with hurdles https://www.instagram.com/reel/Clbp4CaMOhx/?utm_source=ig_web_copy_link

Each round:

1. Come up for short grounder on the right side and left side
2. Drop step for pop ups to the left and to the right
3. Drop step for grounders to the left and to the right