



## Full infield drills

**Scramble drill** - Put a first baseman at first base, all the other infielders are in a line next to the coach. The first infielder gets into his fielding position. The coach grabs a ball and stands behind him. He can roll the ball slightly to the fielder's right, left, or through his legs.

This simulates a ball that the infielder tries to field but deflects it off his hands or body and has to scramble to pick the ball up and throw it to first.

A few technique points about this drill;

- 1.) The fielder should stay low to the ground as they scramble to the ball and as they begin their throwing motion.
- 2.) The fielder should always pick the ball up with their bare hand, or by scooping the ball into their glove with their bare hand, never with their glove.
- 3.) Infielders should make sure they have their weight under them and are in a good throwing position before they throw.

**Random fungo drill** - Put at least one player at each position with a single coach at fungo. Dump out the balls by the coach and put the empty bucket behind first base in foul territory.

The coach will hit a fungo to any position and the players will react as if there is nobody on by throwing to first base. The first basemen will catch the ball and drop it in the bucket behind them. As soon as the first basemen receives the ball, the coach will hit the next one.

Try to make it as random as possible by hitting a variety of different types of ground balls to each position.

**Two way fungo** - Set up one fungo hitter to the first base side of home plate and one to the third base side of first base. The fungo hitter on the first base side will hit ground balls to the third basemen and second basemen. The fungo hitter on the third base side will hit ground ball so the shortstop and first basemen.



After the fielder fields the ball, they will set their feet and separate their hands like they're throwing to first base. They will not actually throw the ball, they will one hop it back in to the coach.

EXTENSION: Put a pitcher on the mound and have them cover first base on every other ground ball to the first basemen. Make sure your coaches are accurate fungo hitters so they don't accidentally hit the pitcher.

**Four way fungo** - Similar to the two way fungo, except the add an extra fungo hitter on each side of home plate to maximize reps. The four fungo hitters will hit to the following positions.

Farthest to the left - First basemen  
Inside left - Shortstop  
Inside right - Second basemen  
Farthest to the right - Third basemen

Infielders will again set their feet like they are throwing to first base, then they will throw a high one hopper in to the coach.

**Two fungo rotation** - Fungo hitters should alternate as quickly but as safely as possible to keep good rhythm in the rotations. The fungo hitters should keep safety as their #1 priority in this drill, especially at the lower levels and/or the first time they try the two fungo rotation.

Each rotation should

*Rotation #1*

Fungo #1 - 5-4-3 DP

Fungo #2 - 6-3

*Rotation #2*

Fungo #1 - 5-3

Fungo #2 - 4-6-3 DP

*Rotation #3*

Fungo #1 - 5-3 (slow roller)



Fungo #2 - 6-4-3 DP

*Rotation #4*

Fungo #1 - 5-3 (backhand and forehand mix)

Fungo #2 - 3-6-1 DP

*Rotation #5*

Fungo #1 - 5-2 (playing in)

Fungo #2 - 6-3

*Rotation #6*

Fungo #1 - 6-2 (playing in)

Fungo #2 - 4-3

*Rotation #7*

Fungo #1 - 4-2

Fungo #2 - 3 -5 (playing in, bunt)

*Rotation #8*

Bunt defense

*Rotation #9*

1st and 3rd defense