



Ed Servais  
Creighton Baseball

# Infield Play with Drills

# Glove Selection

- Size and Selection (Position)
- How to Break Glove In
- How to Wear Glove

# Ready Position

- Two Options – R/L, Tennis Feet (timing with the pitcher's delivery)
- Middle INF – Knees Bent (athletic position) not too low – Must be able to move in all directions
- Corner INF – Lower than MIF
- Glove Open (Present Glove to Hitter)
- Pivot and cross over step

# Approach to the Ball (Routine Play)

- V-cut (Field ball closest to hitter as possible) – attack the ball
- Line-up to field ball left of midline
- Tap (Break down) the ground when nearing the ball
- Finish with R/L field – feet should be staggered (glove position at 7 o'clock)
- Meet the ball – field the ball as close to your target as possible
- **NO** below glove errors

# Fielding Position

- Instep to toe relationship with feet
- Feet wider than shoulder width apart – feet slightly out
- Knees flexed
- Back parallel to ground
- Reach with hands out front – see the ball and the glove in the same view – **glove action (down/up/in) 1-2-3**

# Fielding Position Cont'd

- Keep elbow in, which will keep palm of glove open
- Try to get **one of three hops** – at the *top of the hop, bottom of the hop or just after the ball hits the ground*
- **Field ball left of midline** – glove hand eye

# Footwork for Throw

- **R/L Throw and Follow** – Step with right foot in front of left foot (Square back foot off to target)
- Work to cut distance down on throws
- **R/L Shuffle Throw and follow**
- Need to work on throwing on the run

# Arm Action

- **70-75% of errors on baseball field are throwing errors**
- Take ball out of the *side* of your glove
- Separation of hands – thumbs down (lock front shoulder in – keep fingers on top of the baseball)
- **Quick short, arm action** (Accuracy is most important key)
- Compact throwing action – *Keep front side closed*



# Catching Drills

- Rapid Catch – Turn and Throw
- Rapid Fire – Include Feet
- Alternate throw with short hop – 10 yds apart
- Relay Throwing
  - **Short relay** throw use step-catch-step-throw
  - **Long relay** throws use step through-catch-step-throw
- Get Around the Catch
- Low Catch

# Switch Drill



# 4 Corner Catch



# Triangle Drill



# Fielding Drills

- Left Field
- Right/Left Field – No Glove/Glove
- Dead Ball – Work on Approach
- Roll Ball – No Glove/Glove
- Ball in Glove on the ground – Work on footwork for throw
- Short Hop Series
  - Two knee short hops
  - Regular
  - Short hop with freeze
  - Short hop + Sway
  - Short hop + Footwork
  - Backhand short hops – both ways

# Fielding Drills Cont'd

- Bounce Drill
  - One Bounce
  - Field ball at top or bottom
  - Work through ball
- Short Fungo/Long Fungo
  - No Glove/Glove
- Timed Fungo
  - *Under 4.1 Seconds*

# Double Play – Pivot Feeds

## ■ Shortstops

- Flip & Follow (Keep ball inside of the knee – (*flip with legs*))
- Pivot & Throw – Must throw slightly uphill
- Step back – Slight up hill throw

## ■ 2<sup>nd</sup> Basemen

- Flip & Follow – Regular and backhand
- Pivot feed – Throw up hill
- 1/4 Turn pivot

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