

NEBRASKA COACHES CLINIC, JULY, 2022

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INFIELD PLAY



1. Glove love – 12 inches or smaller in middle inf

2. Movement prep – We don't take a pitch off!

1. Ready position – Posture drills – learn to move with your chest forward and down – not standing straight up
 - A. **PRE-PITCH:** *The split:* right foot steps forward, hops outward in balanced position OR *Right left hop:* right step, left step, hop OR *Tennis serve* back and forth
2. Shuffle drill w/pre-pitch – land and go – push off on outside leg!
3. Forehand/backhand – chest stays down – glove on line with foot
4. Three shuffles forward/backward – fast and gain ground
5. Swivel drill – glove stays close to the ground

3. Throwing drills

1. Head high
2. Circle catch
3. Shuffle catch
4. Backwards/forwards catch
5. Three-person relay

6. Bull in the ring
7. QB throws on the run
8. QB throws w/partners off right foot only
9. Instep and throw
10. Step, catch throw
11. Four corners w/two rules
12. Softball roulette

4. Fielding fundamentals – either way you field, CHIN DOWN AT CATCH!

1. Back flat, butt up, knees bent, feet parallel
2. Funnel
2. Push through – go get it on the shortest hop
3. **4 HOPS:** Short, short in-between, long in-between, long hops and a snake
4. High hops – make everything a short hop – come and get it, pick it up, wait on it ...
5. Run throughs
6. GB on knees
7. 3-ball drill on knees
8. Slow medium fast runners – 3-ball drill
9. Tag drills – three cones 1-2-3
10. Flip practice

5. Fielding drills

1. Toe up – 3 ways
2. Stork – 2 ways
3. Down the line – forward/backwards
4. Zig zap

6. DP feeds and pivots

1. SS feeds A. Short flip B. Long flip C. Throw
2. SS pivots A. From 2B B. From Inside the field
3. 2B feeds A. Forehand flip B. Backhand flip C. Throw
4. 2B pivots A. Left on, left off B. Left on, come across