

## An Essential Team Fielding Drill

By: Cindy Bristow

File Name: 028def\_greatfieldingdrill2.pdf

Skill Level: Beginner & Advanced

Focus: Fielding

Here's a defensive workout that takes about 20-30 minutes that will give all of your players over 100 balls without requiring them to also make over 100 throws. This drill can be done during practice or pre-game warm-ups.

- This is a defensive repetition workout for your entire team
- Requires to people hitting balls (both don't have to be coaches but they can be)
- Both hitters have as large a tub of balls as possible next to them to allow them to hit as many balls as possible
- The catchers will get balls from the tubs and toss to coaches so hitters don't have to get balls.
- Players don't throw the ball – they roll the balls off to the off-field players after every ball they field.
- This Drill goes in 4 parts – each part lasts until both tubs of balls are empty (then stop, collect all balls back into the tubs and then begin next round)

### ROUND 1:

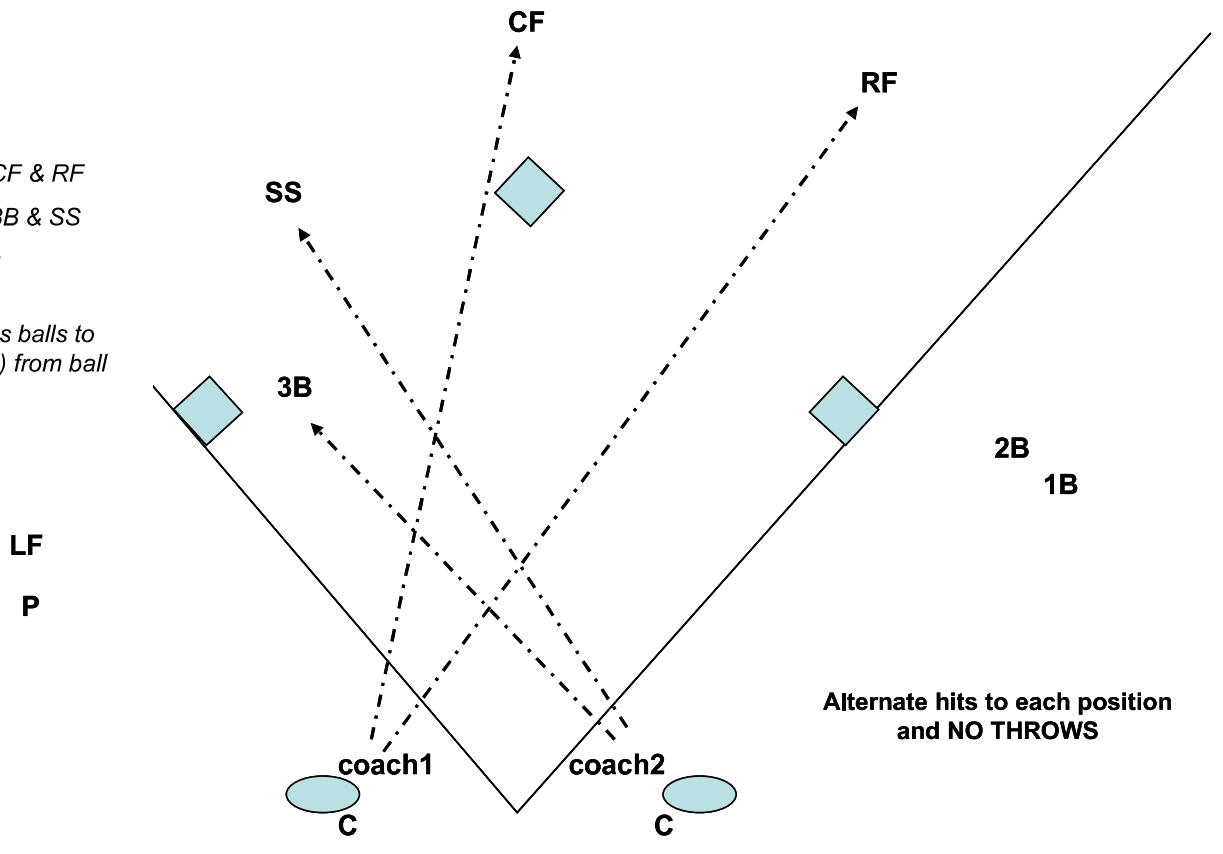
Coach1 hits to CF & RF

Coach2 hits to 3B & SS

Resting off field:

LF, 2B, 1B, P

Catchers (c) toss balls to hitters (coaches) from ball tub



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Now you're going to repeat the same series, starting with Round 1 except this time your players will make some throws. THEY WILL ONLY THROW EVERY 4<sup>th</sup> – 5<sup>th</sup> ball hit to them – NOT EVERY BALL THEY GET! This helps them save their arms while still getting tons of ground or fly balls.

Remember that when all the balls in both buckets have been hit and are all rolled off to the sides of the field, that round is over and everyone should sprint after the balls and load them all back into the tubs to begin the next round.

### ROUND 2:

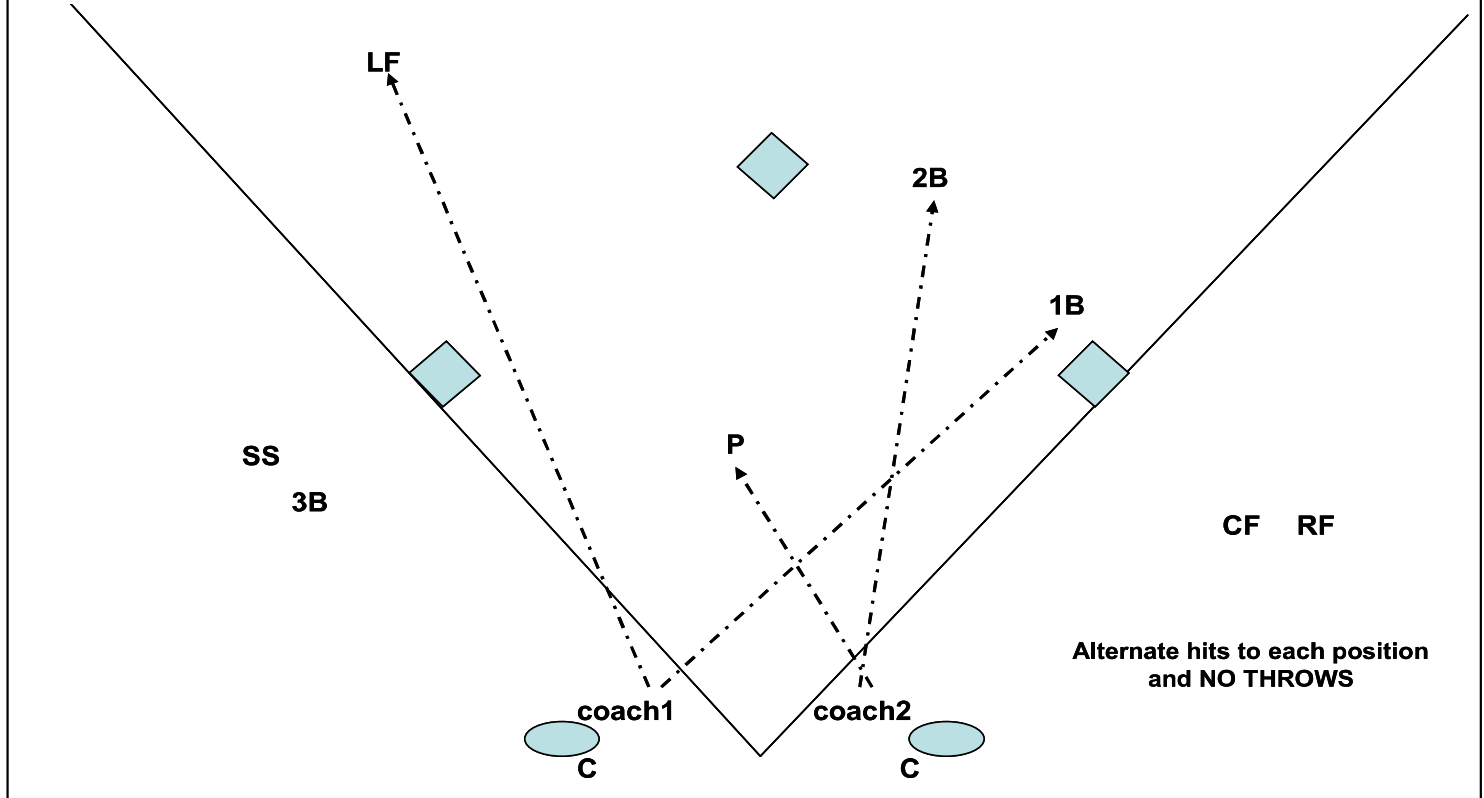
Coach1 hits to LF & 1B

Coach2 hits to 2B & P

Resting off field: SS, 3B, CF, RF

Catchers (c) toss balls to hitters (coaches) from ball tub

**NOTE:** you can place multiple players at any position. If you do then alternate hitting balls back and forth with the other position instead of hitting to everyone in one line before moving to the next position. Also – players can play more than one position in this drill as well



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**ROUND 3: (ADDS THROWING TO ROUND 1)**

Coach1 hits to CF & RF – both throw to 2nd

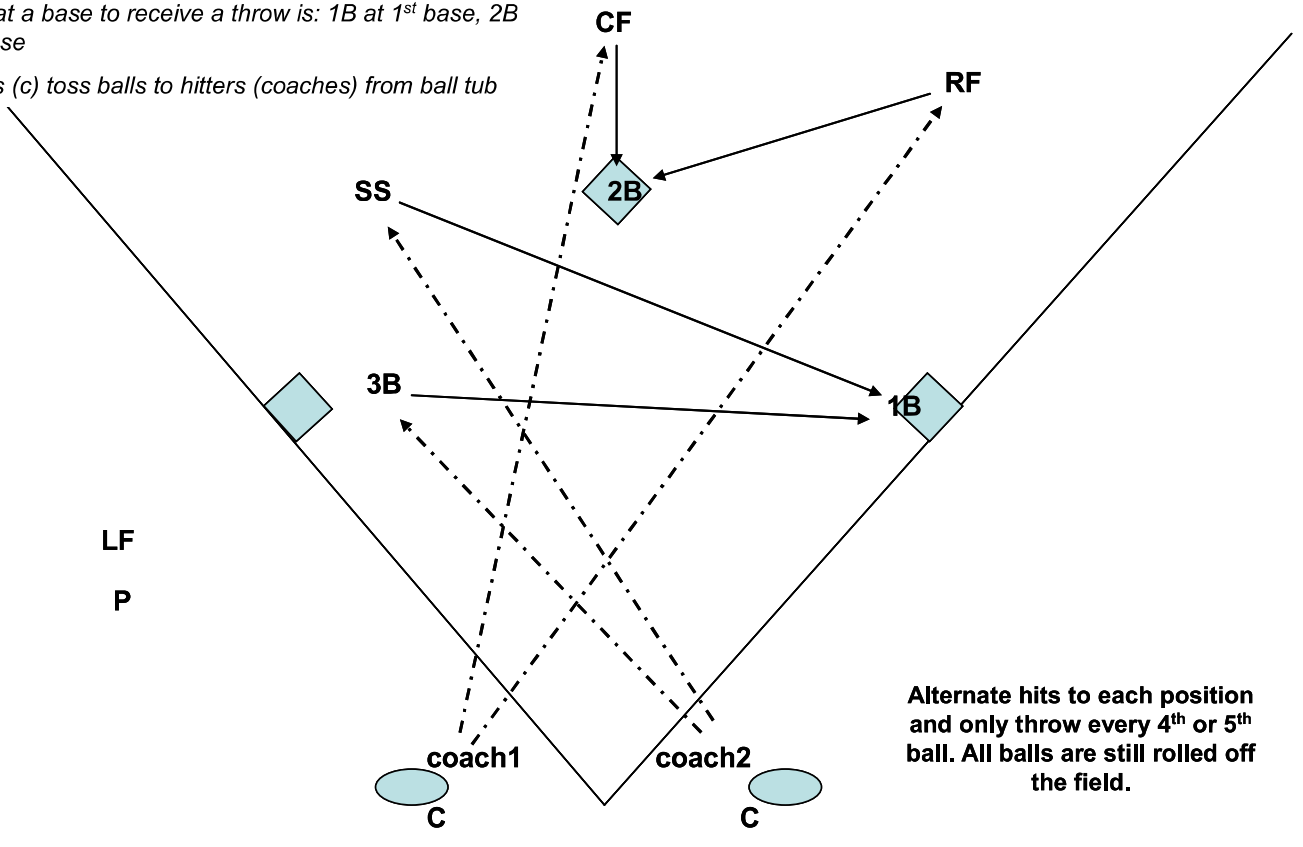
Coach2 hits to 3B & SS – both throw to 1st

Resting off field: LF, P

Playing at a base to receive a throw is: 1B at 1<sup>st</sup> base, 2B at 2<sup>nd</sup> base

Catchers (c) toss balls to hitters (coaches) from ball tub

**Have your players throw every 4<sup>th</sup> - 5<sup>th</sup> ball they field and NOT every single ball that you hit them.**



**Alternate hits to each position and only throw every 4<sup>th</sup> or 5<sup>th</sup> ball. All balls are still rolled off the field.**

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### ROUND 4: (ADD THROWS TO ROUND 2)

Coach1 hits to LF who throws to 3<sup>rd</sup> base, & 1B who throws to 2<sup>nd</sup> base.

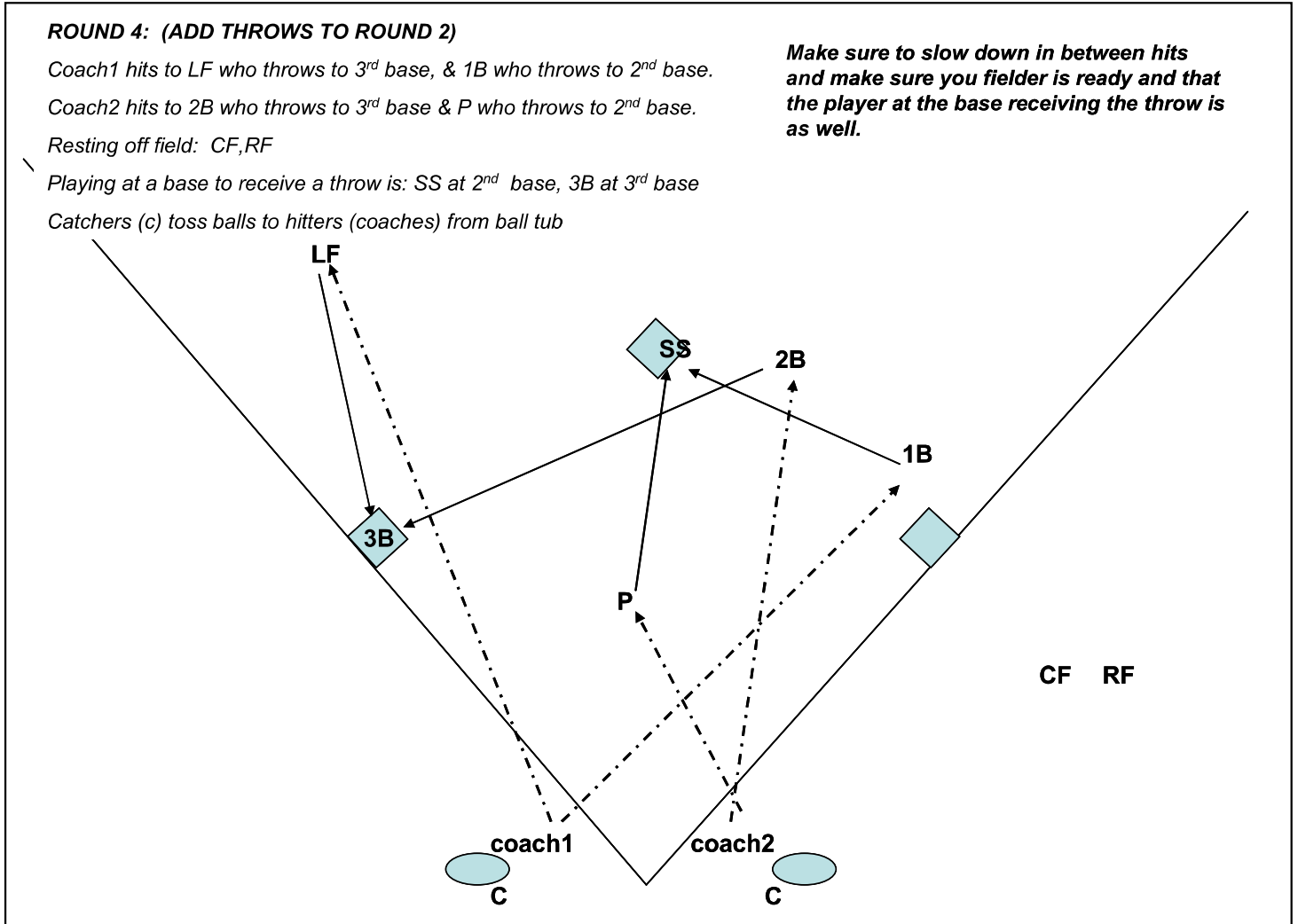
Coach2 hits to 2B who throws to 3<sup>rd</sup> base & P who throws to 2<sup>nd</sup> base.

Resting off field: CF,RF

Playing at a base to receive a throw is: SS at 2<sup>nd</sup> base, 3B at 3<sup>rd</sup> base

Catchers (c) toss balls to hitters (coaches) from ball tub

**Make sure to slow down in between hits and make sure you fielder is ready and that the player at the base receiving the throw is as well.**



Remember that when all the balls in both buckets have been hit and are all rolled off to the sides of the field, that round is over and everyone should sprint after the balls and load them all back into the tubs to begin the next round.

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Don't forget to check out our website – [www.softballexcellence.com](http://www.softballexcellence.com) for more **Fantastic Drills!**

- ▶ If you're looking for a defensive drill to help your fielders improve their throwing accuracy under pressure, then the [Run and Gun eDrill](#) is what you're looking for.
- ▶ The [Groundball with Runners eDrill](#) is a great way to help your fielders improve their throwing quickness and accuracy.
- ▶ If you're in need of a defensive drill to help your 1<sup>st</sup> baseman work on handling those bad throws, then the [1<sup>st</sup> Base Fungos eDrill](#) will really come in handy for you.
- ▶ If you're a person that learns better by actually seeing a drill in action than reading about one on paper then you'd benefit from our [eDrills](#) which are detailed video clips and explanations of tons of great drills!

