

Infield Defense

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Throwing

- Grip:
 - All 5 fingers on the laces
 - 4 seem rotation, 12:00 to 6:00 spin
 - Space between the ball and the hand
 - Last finger to touch the ball is middle finger
 - Put electrical tape on your throwing balls...evidence!
- Bow and Arrow

Cement Feet Catch

- On feet in athletic stance, feet are stuck
- Rotate upper body and get into legs
- Use bow and arrow, pull with front side
- Go straight back, straight forward
- Long follow thru with hand outside opposite knee, bend at waist
- Throw to chest
- Receiver:
 - Give a 2 handed target
 - Create momentum around the ball

Fielding position into throw

- Do mini band work to get into proper fielding position
- Circle in front off chest, back foot steps in circle
- Get somewhere with your feet, shorten the distance of the throw
- Bow and arrow, efficiency
- Chest knocks out front side...forward momentum
- Long follow through
- Receiver:
 - Force out footwork

Long Toss

- Throwing side foot pendulum's back and through
- Air out the throw, don't force it
- Receiver: Makes tags
 - Butt below the ball
 - Glove touch on ALL tags

Glove Work

- Tennis Ball Drills
 - No glove
 - Forehands, backhands, short hops, pick your hop, chicken drill
- Add Glove and “Softies” or real balls for all of the same drills
- Ready Position: Feet moving
- Triangle Position when fielding
- L-R-L to create momentum as you field the ball
 - Airplane NOT Helicopter (no crashing)

Backhands

- Use them, get comfortable with them!
- Allows you to move forward through the ball

Drills

- Force Out Footwork
- 3 person bunt drill
- Dead ball bunting drill
- USA middle infield drill
- 4 Corner Drills
 - Short Hops
 - Ground Balls
 - Backhands
 - Anything!

Team Defense Drills

- Offense hitting off a T or Soft Toss
- Crossfire
- Star Drill
- W Drill
- Run Downs and Double Run Downs
- Situations....keep these fast pace
 - Make practices so difficult that games seem easy!!!!
- Use buckets to limit throws as needed