

Irondale Infield Daily's and Drills:

- Daily's
 - Knees (NO GLOVE, CHEST OVER, ARMS EXTENDED, LEFT EYE ALIGN)
 - On you
 - Players feed short hops to partner.
 - Players should work through short hops short and strong with proper technique.
 - [VIDEO LINK](#)
 - Glove Side
 - Players feed short hops to partner.
 - Players should work through short hops short and strong with proper technique.
 - [VIDEO LINK](#)
 - Backhand Side
 - Players feed short hops to partner.
 - Players should work through short hops short and strong with proper technique.
 - [VIDEO LINK](#)
 - Feet (WITH GLOVE, STRONG V IN LEGS AND CHEST, ARMS EXTENDED, LEFT EYE ALIGN)
 - On you
 - Players feed short hops to partner.
 - Players should work through short hops short and strong with proper technique.
 - [VIDEO LINK](#)
 - Glove Side
 - Players feed short hops to partner.
 - Players should work through short hops short and strong with proper technique.
 - [VIDEO LINK](#)
 - Backhand Side
 - Players feed short hops to partner.
 - Players should work through short hops short and strong with proper technique.
 - [VIDEO LINK](#)
- First Base Daily's
 - Knee down
 - Players address bag with non glove side foot.
 - Position body with non glove side knee down and glove side knee up.
 - Players work through picks on both glove side as well as non glove side.
 - [VIDEO LINK](#)
 - Lunge Position
 - Players address bag with non glove side foot.
 - Position body in lunge position

- Players work thorough picks on both glove side as well as non glove side.
 - [VIDEO LINK](#)
 - Startle Step and Catch
 - Players position themselves in fielding position.
 - Players then run to bag.
 - Straddle bag
 - Step into bag addressing bag with non glove side foot.
 - Step into throw with glove side foot.
 - Work through picks on both glove side as well as non glove side.
 - [VIDEO LINK](#)
- Drills
 - Posture Drills (FOCUS ON FIELDING POSTURE)
 - First step glove side
 - Players take drop step to glove side
 - Coach looks for correct posture
 - Double whistle will release players back to starting position
 - [VIDEO LINK](#)
 - First step back hand side
 - Players take drop step to backhand side
 - Coach looks for correct posture
 - Double whistle will release players back to starting position
 - [VIDEO LINK](#)
 - Travel glove side (Posture needs to be coaches as players are traveling)
 - Player take drop step to glove side
 - Players take 2 shuffles and finish in power position.
 - Double whistle will release players back to starting position
 - [VIDEO LINK](#)
 - Travel backhand side (Posture needs to be coached as players are traveling)
 - Player take drop step backhand side
 - Players take 2 shuffles and finish in power position.
 - Double whistle will release players back to starting position
 - [VIDEO LINK](#)
 - Basic footwork with posture (Posture needs to be coached as players are applying footwork)
 - Players stand in athletic position
 - Players apply foot work by switching feet when coach blows whistle
 - Players should be making a circle as they are performing footwork
 - 4 whistles players should be back to starting position.
 - [VIDEO LINK](#)
 - Throwing posture (Posture needs to be coached as players are applying throwing motion).
 - Players get set in power position

- On whistle players shuffle 2 times in power position, simulate throw, flip hips, and return to power position.
 - [VIDEO LINK](#)
- Latter drills (FOCUS ON ACTIVE FEET)
 - Ground ball on you
 - 1 foot per hole
 - Quick feet
 - Break down at end of latter
 - Coach feeds short hop
 - Player fields short hop in posture and makes throw.
 - [VIDEO LINK](#)
 - Ground ball Glove side
 - 1 foot per hole
 - Quick feet
 - Break down at end of latter
 - Coach feeds short hop
 - Player fields short hop in posture and makes throw.
 - [VIDEO LINK](#)
 - Ground ball back hand side
 - 1 foot per hole
 - Quick feet
 - Break down at end of latter
 - Coach feeds short hop
 - Player fields short hop in posture and makes throw.
 - [VIDEO LINK](#)
- Round baseball Cone drill (FOCUS ON CREATING ANGLE TO BASE)
 - Players perform active feet by “in, in, out, out”
 - Players then round cones to create angle to bag
 - As players round cones coach feeds short hop
 - Players field short hop in correct posture
 - Players make throw in correct posture.
 - [VIDEO LINK](#)