

Basic Defensive Drills

Slow Grounders Drill:

Position infielders. Hit slow grounders to each infielder, forcing each to charge the ball. Have each player field the grounder (glove or bare hand) and throw to 1st base. Focus on foot positioning and balance during the throw.

Outfielder Back and In Drill:

Position outfielders 100 or more feet from a coach hitting balls. Alternate between balls hit in front of and behind players. Players focus on breaking in on the ball and turning and going back on the ball.

Outfielder Strong Throw Drill:

Position outfielders 100 or more feet from a coach hitting balls. Hit ball to players who catch ball and make a strong throw to a bag or cut-off. Focus on players positioning themselves a few feet behind where they will catch the ball and catching the ball while running forward in order to add velocity to their throws.

Baserunning Situation Drill (with baserunners):

Position players at all positions, and have 4 or more players serve as base runners. Position one of the base runners near home plate, a safe distance from the person hitting the ball. Hit ground balls and fly balls in random order to the fielders. As soon as the ball is hit, the runner should run to first base and, depending on where the ball is hit, optionally continue to second base. If the defense records an out, the runner returns. Continue until three outs are recorded, then clear the bases and start over.

Rapid Grounders Drill:

Position a player about 20 feet from a coach who has several balls. Have coach roll ground balls to the player giving the player only enough time to field the ball and toss it to the side. Keep the player moving from side to side to field the balls to work on foot placement.

Short-Hop Drill:

Have players pair off and stand 10 feet apart. Players take turns softly throwing short hops to each other. Players focus on fielding short hops in front of their bodies and staying down on the ball.

Bunt Defense Drill:

Position all infielders. Roll bunts in front of the plate so that various fielders are forced to field the ball. Focus on players getting into proper position, both fielding the bunt and covering bases. Optionally place runners on bases to cover various bunt and sacrifice situations.