

ANDERSON HIGH SCHOOL



INFIELD

PLAY

I. QUALITIES

Hard Worker, Quick Feet, Quick Hands, Good Mechanics, Aggressive, Confident & Knows The Game!!!!

II. AGILITY DRILLS

Ladder, Line On The Ground, Cones

III. MECHANICS

A. Before Ball Is Pitched: Want the ball & know what to do with it when you get it!!

B. As The Ball Is Pitched: Walk into pitch; Left, Right, Left (Balls of your feet)

C. As The Ball Is Hit:

1. Glove Side:

2. Land The Plane:

3. Square To The Ball:

4. Funnel Ball To Belly Button:

5. Step To 1st Base:

IV. BASIC EVERYDAY DRILLS: Go In Progression. Easy To Hard. Walk Before You Run!!!!

A. Stationary Ball: Make Good Triangle

B. Roll The Ball: Make Good Triangle. Rear Is Down & Chest Is Up

C. Ball In Glove: Gain Confidence!!!!

D. Half-Way Fungo: Get Rid Of Fear Of Bad Hop

E. Full Fungo: Work Good Mechanics. QUALITY, Not Just Quantity!!!!

V. SPECIALTY EVERYDAY DRILLS

A. Short Hops: Fingers Down & Go Get Ball!!!!

1. Straight On:

2. Glove Side:

3. Backhand:

B. Ball Recognition (Quickness):

C. Ground Ball On Knees:

VI. EVERYDAY THROWING DRILLS

A. Rapid Fire Drill

1. Shoulders & Feet Squared (Picture Window):

2. Jump Into Throw:

B. 4 Corner Warm-Up

C. 4 Corner Drills

1. Shortstop:

2. 2nd Baseman:

D. Redskin Relays (Hands Together & Catch Ball Glove Side)

1. Short: Step To Ball

2. Long: Move Towards Base Throwing To.

Anderson High School Baseball Camp

June 21-25 9:30 – 12:00

chrisnewton@foresthills.edu

319-7788

