

Break teams up into smaller groups for more focused instruction during the drills.

### **Fielding**

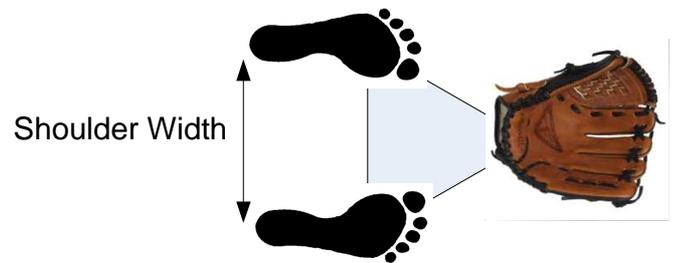
Review of the fielding information in the skill sheet *NLBSA force vs. tag.pdf* is below:

Nice short video of fielding a ground ball:

[http://www.youtube.com/watch?v=mBjPq\\_R6wbl](http://www.youtube.com/watch?v=mBjPq_R6wbl)

### **Triangle Fielding Position**

**Remember the triangle.** Before you begin fielding, line your players up with some space in between them. Have them set up with their feet about shoulder width apart. Now, have them reach their glove out on the ground in front of themselves about the same distance as the width between their feet, as if they are fielding an imaginary grounder. Have them hold the position, and point out that the three things on the ground - each foot, plus the glove - form the points of a triangle. This is the ideal position for fielding a ground ball; feet too close together take away the ability to move laterally, a glove too close to the feet gives no room for error when scooping up a grounder.



Drill 1 – Set the players up in a line with space between them and place a ball a few steps in front of each player

- Start in the ready position (feet shoulder width apart, knees bent and glove up off the ground)
- Right handed players take a step forward with their right foot and then left and then place their glove onto the ground to form the triangle. (left handed players start with left foot).
- Bring the throwing hand over the top of the glove bringing the heels of the hands fairly close together to form the “alligator mouth.”
- Watch their footwork and make sure they are in the triangle with their glove on the ground in line with the ball.
- Repeat

Drill 2 – Add sliding footwork to fielding a ground ball

- Start in the ready position (feet shoulder width apart, knees bent and glove up off the ground)
- Get all players moving in the same direction by moving one foot until the heels are almost together and then move the other foot so that feet are shoulder width apart again.
- Take several slide steps and then have the players get back in the triangle position (right step forward, left step, glove down – left handers start with left) and form the alligator mouth to field the imaginary ball.

- Return to ready position and move in the other direction a few slides and then call for the triangle position.
- Repeat

#### Drill 3 – Put it together

- One at a time have a player in the ready position and give them a grounder. Start with a ball right to them and for those that are more advanced give them a grounder that forces them to move to one side a step. (Right, Left, glove down OR slide, slide, right, left glove down)
- Watch the footwork and fielding positions

Start working on good footwork now in T-Ball!

#### **Catching**

Review of the fielding information in the skill sheet *NLBSA force vs. tag.pdf* is below:

Nice short video on catching a ball:

<http://www.youtube.com/watch?v=Hu-qaaVLmNo>

Glove control is one of the most vital skills to learn for a defensive player. This skill is very difficult to master at the TEEBALL level, but it is necessary for coaches to continue to work with the players, to ensure that when their motor skills develop, the players have the knowledge to use their glove properly. Very simply, when catching a ball in the air below the waist, the fingers should be pointed to the ground. If the ball is thrown above the waist the fingers should be pointed upward. This motor skill is difficult for young players to master. A good way to help young players to learn this skill is to have them turn their glove so the thumb is slightly pointing down and the fingers are at a 45 degree angle. This allows the glove to be able to hold the ball a little better until they are able to squeeze the ball and secure it more quickly.

Drill 4 – Proper glove positioning to catch above the waste. Players should be in a line with a few feet of space in between them

- Work with one player at a time and toss a ball to the throwing arm side of their body.
- Watch for glove movement across the body with fingers UP.
- Repeat several times with each player praising glove position (actually catching isn't important) before moving to the next
- Work the line again with a toss below the waist on the glove side of the body
- Watch for glove movement to the ball with fingers DOWN
- Repeat several times with each player praising glove position (actually catching isn't important) before moving to the next

#### **Play Ball**

After you complete these drills use the rest of your hour to play a few innings. Please watch your time limit and don't start an inning unless BOTH teams will have enough time to bat.