

## Ground Balls

When teaching how to field a ground ball, first show the kids that you must bend at the waist and knees to get down on ground balls. Teach them to move in front of the ball and squat down and put their glove to the ground. Coaches pitch drills and machine pitch drills should begin with a demonstration of the drills. Kids need to see the drill before actually trying it.

Coaches in the future will thank you for getting them started this way. Many older kids do not get down to field ground balls. And a lot of that is due to how they were first taught. So you are going to plant that seed in them right here in the beginning. If time allows, I would hit a few ground balls to each player every practice. It will have them better prepared for the next year.