

INFIELD HUSTLE

Description: Good conditioning; infielders get a lot of touches in a little bit of time.

Can be done as an inside or outside drill:

Position the machine at home plate. Equal lines of players at 3rd, SS, 2nd, and 1st. All throws go to first base. Using the machine, drop a ball to 3rd, player fields it, throws to first and then moves to the back of the SS line. Immediately, drop a ball to the player in the front of the SS line. She fields it, throws to first and moves to the back of the 2nd base line. Immediately drop a ball to the player at 2nd base, who fields it, throws to first and moves to the back of the 1st base line. Make sure the player at firstbase has fielded the throw from the player at second before you drop the ball to her at first. As they leave first, they run behind the coach at home and tell how many errors they have on their way to the end of the thirdbase line. Once a player has three errors, they are out of the game and it gets interesting.