

Ed Servais Creighton Baseball

Infield Play with Drills

Glove Selection

- Size and Selection (Position)
- How to Break Glove In
- How to Wear Glove

Ready Position

- Two Options R/L, Tennis Feet (timing with the pitcher's delivery)
- Middle INF Knees Bent (athletic position) not too low – Must be able to move in all directions
- Corner INF Lower than MIF
- Glove Open (Present Glove to Hitter)
- Pivot and cross over step

Approach to the Ball (Routine Play)

- V-cut (Field ball closest to hitter as possible) attack the ball
- Line-up to field ball left of midline
- Tap (Break down) the ground when nearing the ball
- Finish with R/L field feet should be staggered (glove position at 7 o'clock)
- Meet the ball field the ball as close to your target as possible
- NO below glove errors

Fielding Position

- Instep to toe relationship with feet
- Feet wider than shoulder width apart feet slightly out
- Knees flexed
- Back parallel to ground
- Reach with hands out front see the ball and the glove in the same view – glove action (down/up/in) 1-2-3

Fielding Position Cont'd

- Keep elbow in, which will keep palm of glove open
- Try to get one of three hops at the top of the hop, bottom of the hop or just after the ball hits the ground
- Field ball left of midline glove hand eye

Footwork for Throw

- R/L Throw and Follow Step with right foot in front of left foot (Square back foot off to target)
- Work to cut distance down on throws
- R/L Shuffle Throw and follow
- Need to work on throwing on the run

Arm Action

- 70-75% of errors on baseball field are throwing errors
- Take ball out of the side of your glove
- Separation of hands thumbs down (lock front shoulder in – keep fingers on top of the baseball)
- Quick short, arm action (Accuracy is most important key)
- Compact throwing action Keep front side closed

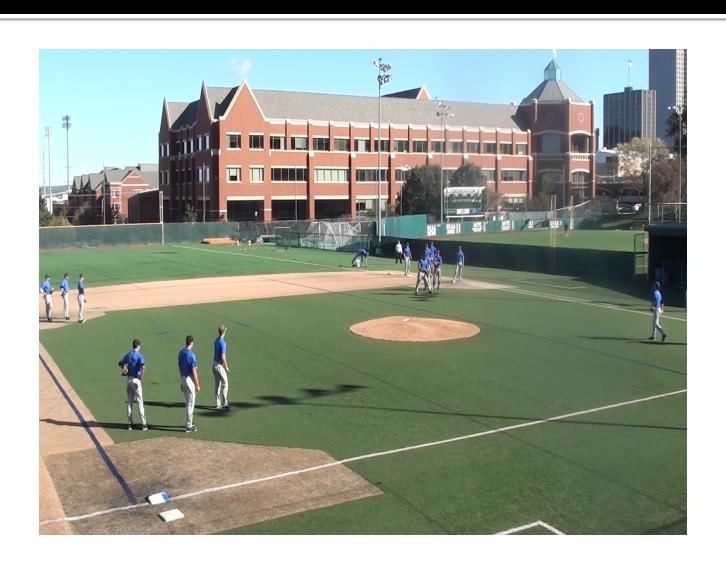
Catching Drills

- Rapid Catch Turn and Throw
- Rapid Fire Include Feet
- Alternate throw with short hop 10 yds apart
- Relay Throwing
 - Short relay throw use <u>step-catch-step-throw</u>
 - Long relay throws use <u>step through-catch-step-throw</u>
- Get Around the Catch
- Low Catch

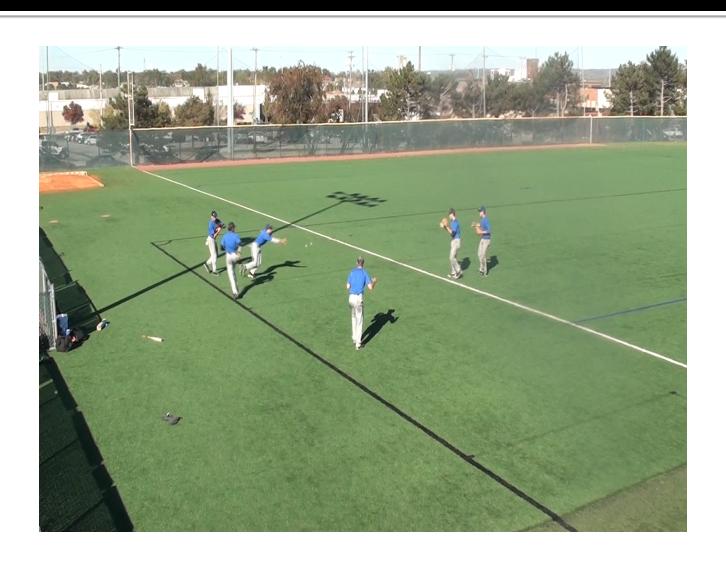
Switch Drill



4 Corner Catch



Triangle Drill



Fielding Drills

- Left Field
- Right/Left Field No Glove/Glove
- Dead Ball Work on Approach
- Roll Ball No Glove/Glove
- Ball in Glove on the ground Work on footwork for throw
- Short Hop Series
 - Two knee short hops
 - Regular
 - Short hop with freeze
 - Short hop + Sway
 - Short hop + Footwork
 - Backhand short hops both ways

Fielding Drills Cont'd

- Bounce Drill
 - One Bounce
 - Field ball at top or bottom
 - Work through ball
- Short Fungo/Long Fungo
 - No Glove/Glove
- Timed Fungo
 - Under 4.1 Seconds

Double Play – Pivot Feeds

Shortstops

- Flip & Follow (Keep ball inside of the knee (flip with legs)
- Pivot & Throw Must throw slightly uphill
- Step back Slight up hill throw

2nd Basemen

- Flip & Follow Regular and backhand
- Pivot feed Throw up hill
- ¼ Turn pivot

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