

## Infield and Outfield Drills

A drill for **infielders**: Station a fielder some 20 feet in front of you and then roll a ball to either side – starting to the fielder's left and then to the right. Each time he tosses the ball back, you can increase the distance he has to go to get to your next roll of the ball. By doing this drill you want to emphasize a quick first step and a crossover step in pursuing the ball. Both you, as the instructor, and the player will be surprised at the range the player can have in getting to the ball.

This drill can also be used for **outfielders** for groundballs for fly balls by tossing the ball in the air in a similar manner. Again, the crossover step and a quick first step should be emphasized.

**Catchers** can benefit from the same type of drill if you throw balls overhand at a medium speed from a distance of about 40 feet. As with infielders and outfielders, where you are throwing the ball underhand, you may also want to start out with catchers in that same manner.

These same drills can be done with a **fungo** by stationing the infielder halfway between second and third, with the fungos' being hit from side to side from home plate. For outfielders you can station the outfielders in center field and hit the fungos from the mound or second base.

Perfect Practice and a lot of determined hard work can only make us better players.

**By Cal and Bill Ripken**