

Pitcher Fielding Drill

Pitchers should field bunts, throwing to first, second and third bases. They also should cover first base, with the first baseman making throws to them. Pitchers can work from the mound, making a pitch to home plate and a fungo hitter can hit the ground ball to the first baseman as the ball is reaching home plate. By using five or six pitchers, this drill can move quickly, and each pitcher can cover first a number of times in a 10-minute period.

Pitchers should practice throws to second base for the purpose of starting the double play. This also can be accomplished by the fungo hitter hitting the ball back to the mound. The pitcher should field the ball, bring his hands together as he is turning, take a crow hop (shuffle) and make a firm throw to the shortstop of second baseman, whichever one is covering.

By Cal and Bill Ripken