

INFIELD GLOVEWORK MECHANICS AND DRILLS

Emily Friedman

I) An Effective Infield Coach Should ...

- Creating a common verbage in fielding mechanics (many parallels with hitting)
- Create "Tee work" for glove work drill
 - Must work slow to work fast, speed can disguise
- Develop virtuosity of movements, not movements that are "good enough"
- Be detail oriented
 - The small things take care of the big things
- Be a good communicator using body language, demonstrations, descriptions, sound effects, task oriented drills, and anything else that creates effective change!
- Be Flexible
 - Understand that game is more learned than taught
 - Give your athletes options and allow them figure out their game

II) The A-to-B-to-C's of Throwing Mechanics and Drills

- The things we were taught never to do that actually work and the things we were taught to do that don't
- The importance of hand separation and the power position for throwing
- A-to-C vs A-to-B-to-C
- What is "over the top?"
- Throwing from diff arm slots
- Throwing on the opposite foot

III) Fielding Mechanics and Drills

- Define terms to establish common language (long hop, short hop)
- Getting the ball in and out of the glove faster!!!
 - what happens when our hands are late?(ineffective/effective compensation)
 - transfer is a touch/redirection in front of midline
- Long hop progression
 - hands first then feet sequence
 - isolating the hands, teach one thing at a time
- Short hop mechanics
 - isolating the hands
 - keeping the tripod still so the camera can work
 - the importance of rhythm/anticipation/seeing what is GOING to happen
- Using Forward/Back range to create the long hop/short hop
 - How to teach back range
- Fielding on the run vs. setting feet

1V) IF We Have Time ...

- player through/around the ball
- reinforcing good habits with the 'hot-dog' drill

- backhand options

 - jab step

 - L foot

 - R foot

 - R side push back

 - backhand pop-up

- forehand options

 - forehand reverse pivot

 - cutting the toe angle

- Sweep tags

 - fast, fluid, efficient

 - sweep tag progression

 - isolating the glove

- flips and dishes

 - how to control your flips

 - options, options, options

 - underhand

 - backhand

 - r side push back

 - replace the feet

 - fielding off the R vs L foot