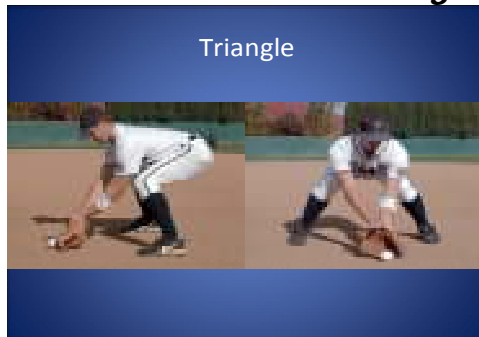


## ***Infield Learning Targets – Ridgefield LL Session #2***

- • ***Create an athletic base with the feet – (Jenga)***
- • ***Butt stays down; bend is not from the waist – (Field ball and see it in 3D) See whole ball not just top of baseball.***
- • ***Hands are out in front; see the ball into the glove – Get the Glove to the ground and work it from the ground up! – Make a good triangle –***



- ***Readiness begins as the ball crosses the plate – (weight on balls of feet which allows me to left, right, forward, back coaching players to have proper technique and footwork...Circle of Focus***

***MASS Infield – Prep Steps, Field Imaginary Ball looking for Strong Athletic Base, butt down, hands extended (good triangle with feet) –***

***One coach leads – all players are working same mechanics.***

***Coaching commands – Ready (focus is on the baseball) – “Step Step” (Right left, opposite for lefty...)***

***Prep Steps. Fielding Position “Right Left Catch, Right Left Throw”***

***Coaching Point - Right Left Catch, Right Left Throw***

- ***Throwing Leg Under***
- ***Headlights on Target***
- ***Grip***



***Drill Series – Demonstrate Drill, Break to guide players in their practice, Gather to Demonstrate Drill, Break to guide players in their practice...etc***

- ***Stationary Ball – Step Step – GO – butt down, chest up, feet and glove form good triangle – Player does a self check and correct – 5 reps***
- ***Alligator Drill – Catch using two hand tech two hands to secure baseball – 5 reps***
- ***Rolled ball drill – Coach rolls ball right at fielder. Fielder secures catch and gets into throwing position to target with correct footwork. Coaches check footwork and fielding tech... 5 reps***
- ***Rolled ball – throw after catch to a coach – 10 Reps***
- ***High Five Underhand Flip Drill – flexed wrist, release and shake hands with coach – give them high five keeping momentum towards target – 5 reps***
- ***Group of fielders at 3<sup>rd</sup>, Group of fielders at 2<sup>nd</sup> – Rolled ball drill – group at 3<sup>rd</sup> throws to coach at 2<sup>nd</sup> base, group at 2<sup>nd</sup> throws to coach at 1<sup>st</sup> base – 8-10 reps and rotate groups***
- ***Husky 4 Corner Drill – Set players up in a box with players at each corner – 1<sup>st</sup> corner rolls ball to 2<sup>nd</sup> corner fields and throws to third corner, 3<sup>rd</sup> corner rolls to corner 4 and the throw to corner 1...Players follow where they threw or rolled the ball. 3 minutes***
- ***Ripken 4 corner drill – Shortstop feed – players execute underhand flip and follow throw to next corner...3 minutes.***