

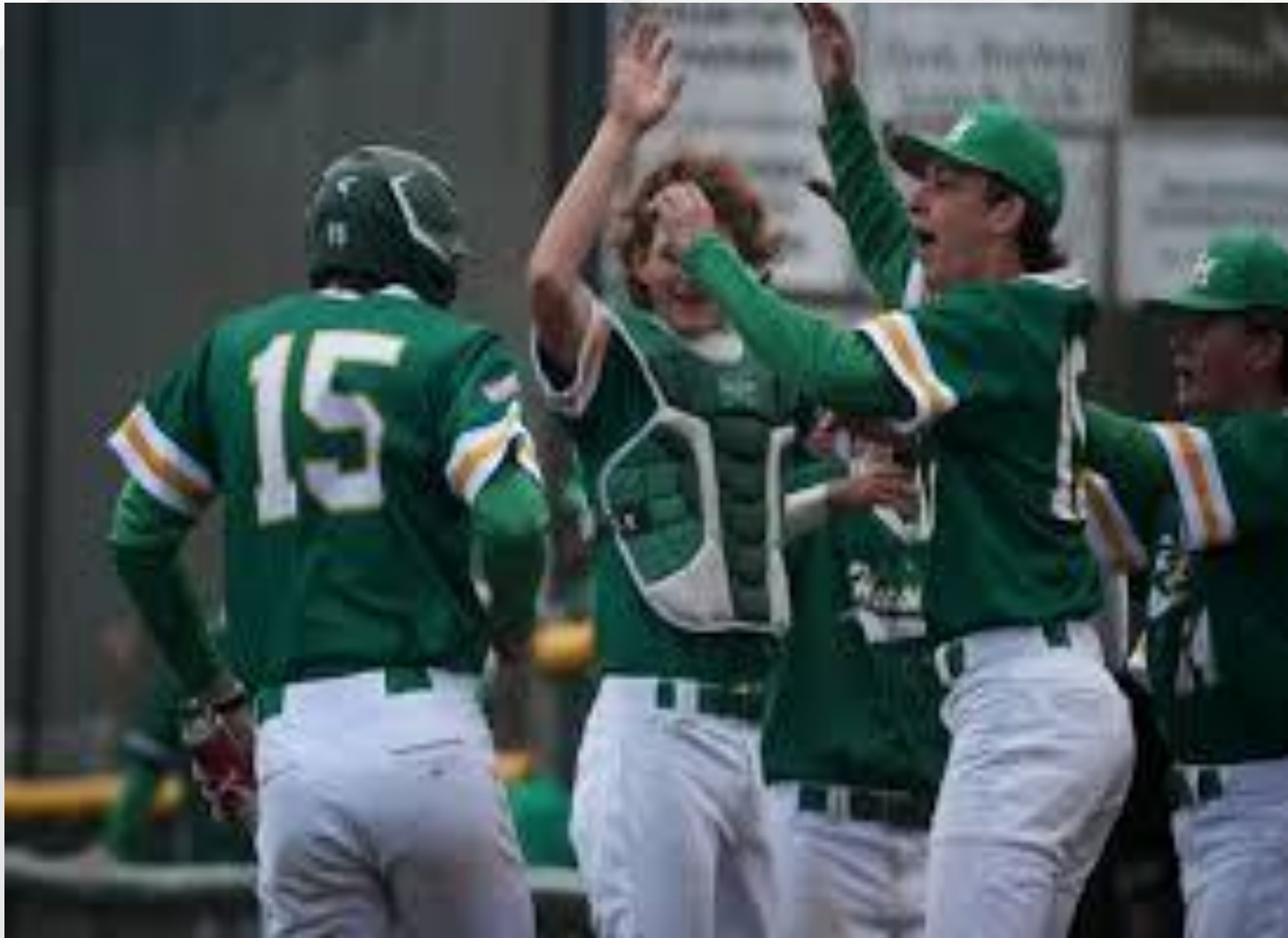
# Infield Development

Tucker Brack

Marion Berries Head Coach - WCL  
North Marion High School Assistant



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 (7) <u>2</u> GARDEN 5:00 V43V		3 (8) <u>4</u> THE BULL'S 5:00 V43V	5 (9) <u>6</u> HAWLEY 1:00 V43V
6	7	8 (10) <u>9</u> @ GARDEN 5:00 V43V		10 (11) <u>11</u> MOLLA 5:00 V43V		12
13 (13) <u>14</u> @ GARDEN 5:00		15 @ GARDEN 5:00	16 @ GARDEN 5:00	17	18	19
20	21 @ GARDEN 5:00	22	23 @ GARDEN 5:00	24	25	26
27	28 @ GARDEN 5:00	29 @ GARDEN 5:00	30			

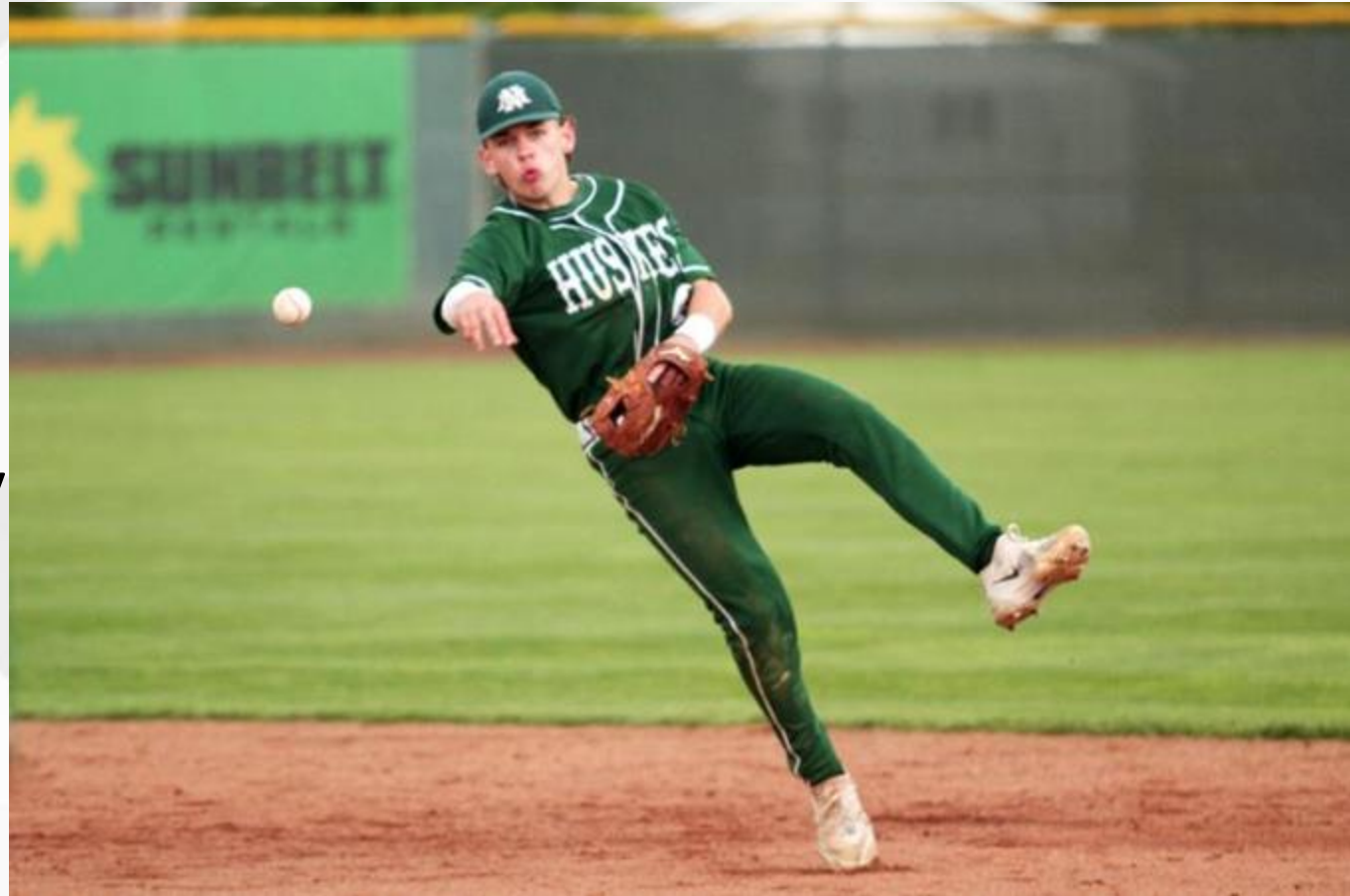


1. Compete
2. Enjoyment
3. Drive
4. Selflessness



# Philosophy

- Play Catch
- You are an INFIELDER
- Be a well rounded athlete
- Infield Routine
- Make routine plays routinely
- Invest in defense



# NM Infield Daily Practice Routine

- Start on knees, no gloves (with partner)
  - Roll straight at each other
  - Working on fielding out front
  - Staying soft
  - Small movements
  - We work in 5's
  - Then same with back hand forehand



# NM Infield Daily Practice Routine

- Stay on knees, add glove (with partner)
  - Same routine with glove
  - Then add short hops (talk about 3 hops to field)
  - Create the short hop
  - Small movements
  - Work through
  - Give a good home



# NM Infield Daily Practice Routine

- Stand up, stay with partner, about 10 ft apart
  - Still stationary
  - Now feet are in an athletic position (defense Bball)
  - Want to field left of center
  - Sink our hips down
  - Reach out
  - Want to field out front
  - Small movements
  - Want to work on exchange below our knees (Feel vs Real)
  - We work in 5's



# NM Infield Daily Practice Routine

- Stand up, stay with partner, about 10 ft apart
  - Still stationary
  - Now we back hand (two ways open and a cross over)
  - First open stay athletic
  - Sink our hips down ( I believe low is key)
  - Eyes behind
  - Want to work through
  - Small movements
  - We work in 5's
  - Same but now we cross over
  - Be athletic
  - Low is key
  - Field out front with eyes behind



# NM Infield Daily Practice Routine

- Stand up, stay with partner, about 10 ft apart
  - Still stationary
  - Now we forehand
  - Stay athletic
  - Sink our hips
  - Field with just your glove
  - Small movements
  - We work in 5's



# NM Infield Daily Practice Routine

- Stand up, stay with partner, about 10 ft apart
  - Still stationary (with drop step)
  - Tell partner what side throwing too (5 each way)
  - Drop step to make a long hop
  - After 5 add footwork to throw



# NM Infield Daily Practice Routine

- Stand up, stay with partner, about 25ft apart
  - Add footwork 4 steps and throws
  - Each partner gets 5 before switch
  - Give partner time to set up before throwing a ground ball
  - Fielding partner works feet and hands, returns throw to partner
  - We go 5 straight, 5 backhand, and 5 forehands





# NM Infield Daily Practice Routine

- Two groups for double play feeds and turns (1B goes to 1B)
  - 1 hit fungo on back side of pitchers mound
  - First round is flips with turns 6-4-3, rotate lines ( 2 each position)
  - Second round is 4-6-3/flips
  - Third round is 6-4-3/throws
  - Fourth is 4-6-3/throws

# NM Infield Daily Practice Routine

- Two groups for double play feeds and turns (1B goes to 1B)
  - I move to home for corner double plays
  - Split group 3rd and 2nd
  - 5-4-3 and 3-6-1
  - First rounds are straight at them, then backhand, then forehand
  - First base does first time through holding and second behind
    - First base does touch and yells tag round as well
    - We also practice a triple play 5-4-3

# NM Infield Daily Practice Routine

- All go to position (will rotate to all spots)
  - 2 slow rollers at each position with throws (1 hit or roll)
  - Ground balls with throws to first
  - First 2 rounds are follow your throw
  - Stopwatch used for time
  - Either a 4.3 or 4.4 runner
  - We also turn 2 in this part on the clock
  - Would love to have live runners, but do not always have the bodies. Learning to have to clock in your head is very important as an infielder



# NM Infield Additional Drills

- Square drill
- Flips under hand and option pitch (clockwise and counter)
- Throws
- Pop Fly drop steps and find the fence/dugout
- Relay line
- Tag plays
- Mass Ground balls (multiple fungos)
- Diving plays
- Ozzie Smith



# NM Infield Additional Drills

## Team Defense Infield work

- PFPs ( we do right after individual D)
- First base gets work on flips to pitcher/double play turns
- Middle gets more work on turns
- First base/third base get work on fielding bunts
- Infield in for plays at the plate (force/tag)
- We rotate around cause most of our Infielders pitch too
- Depends on Team D for the day

