

COMPADRES KIDS

UC San Diego Health
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BASEBALL AND SOFTBALL DRILLS

> Practice these drills daily with your friends or teammates and you might just become a future Padre one day!

Fielding Drill

Crab Grab is a controlled fielding drill that allows players to work on the proper fielding position, soft hands, and conditioning for their legs. Players pair up and face each other about 8 to 9 feet apart without their gloves. Both players get into a proper fielding position for catching a ground ball. Both players will stay in this stance for the duration of the drill. The first player starts with the ball and rolls it at the second player's backhand. The second player catches the ball with the "glove" hand, exchanges the ball to the throwing hand, and rolls the ball back to the first player's backhand. The pace of the ground ball should start off slowly and build as the players get more comfortable with the drill. To add some competition to the drill, "knock out" the first player to miss a ball, or have the fielders play until one player misses 3 balls.

Fly Ball Drill

Deuces Wild is a fun game for outfielders that teaches them to locate a fly ball and communicate with teammates by calling for the catch. Start with one outfielder approximately 30 feet in front of the coach with the player's back facing the coach. The coach will throw a pop-up and on the coach's command, the player will turn, find the ball, and make the catch. To add a little fun, do the same drill with two players. The coach will throw two baseballs in the air and on the coach's command, the players will turn, find the ball they want to catch, and communicate this to the other player. Last man standing is the winner! For young players, use a tennis ball.

Hot Potato

"Hot Potato" is a great drill for working hand/glove control, proper fielding position, and lower half conditioning. Two infielders position themselves on the infield dirt approximately 10' apart. Both players face one another as they get into the proper fielding position. Each player will have a ball in his catching hand as gloves are not needed for this drill. Both players will simultaneously toss their ball to their opponent's forehand until one player drops the ball, ending the game. All flips and catches are made with the fielding hand. The first player to win three games is the winner. Multiple pairs of players can participate at the same time.

