PURPOSE: This drill works on the skills needed to quickly and effectively field a ground ball. It breaks down five steps that help a player ensure controlled movements.

DRILL SETUP: This drill can be performed anywhere on the field with the coach standing near the player to call commands. This drill is performed without a ball, but a glove is needed.

STEP 1 - CREEP STEP: The coach calls “Creep” and the player steps into a creep position. Take a small step out with the right foot and then a small step out with the left foot. Feet are slightly wider than shoulder width apart. Keep hands open and ready.

STEP 2 - CHARGE: The coach calls “Charge” and the player charges the ball by taking a few steps forward quickly and with control.

STEP 3 - BREAKDOWN: The coach calls “Breakdown” and the player moves into a position in which he begins to field the ball. Feet are wider than shoulder width apart. Keep head down. The glove hand rests on the ground while the non-glove hand is hovering above. The arms are extended to meet the ball.

STEP 4 - FIELD: The coach calls “Field” and the player pulls into a fielding position. The player pulls the ball into his midsection, cradling the ball into his chest. Head stays down.

STEP 5 - THROW: The coach calls “Throw” and the player stands up and throws. Step with the right foot inside of the left. Square shoulders, hips and knees toward target. Releases a strong throw.

COACHING TIPS: Emphasize the importance of holding the non-glove hand above the glove during the Field Position (part 4). After the player masters the mechanics, move to a live drill with real balls.