



Softball

Drills, Drills, Drills

Infield Defense Drills

- I. Defining needs to be a successful fielder
 - A. Efficiency
 - B. Establish balance
 - C. Consistency in exchange
 - D. Playing defense with your feet

- II. Glovework
 - A. Knee no glove wall drill
 - B. Knee shorthops
 - C. 4 types of ground balls
 - D. High toss shorthops
 - E. Tennis ball wall drill

- III. Exchange Drills
 - A. Tennis ball exchange
 - B. Active receive
 - C. Flip box drill

- IV. Flexibility and Balance drills
 - A. Flexibility shorthops
 - B. Run down reset
 - C. Set / Reset
 - D. Stick jump fielding
 - E. Ball in glove diving

- V. Full infield drills
 - A. :90 Hybrid drill
 - B. Wolverine race