

Grayslake Central Rams

Infield progression
Done with a partner

GCHS infield progression

- Two knee rollers
- Two knee one hops
- Two knee forehand
- Two knee backhand
- Two knee combo
- Stand up with glove short hop
- Stand up with glove short hop-forehand
- Stand up with glove short hop-backhand
- Slow roller ground balls
- Slow roller forehands
- Slow roller backhands
- Crawlers

Points of emphasis when working two knee progression

- on rollers work in
- on one hops work out
- keep head down-beanie
beanie
- Chin to chest



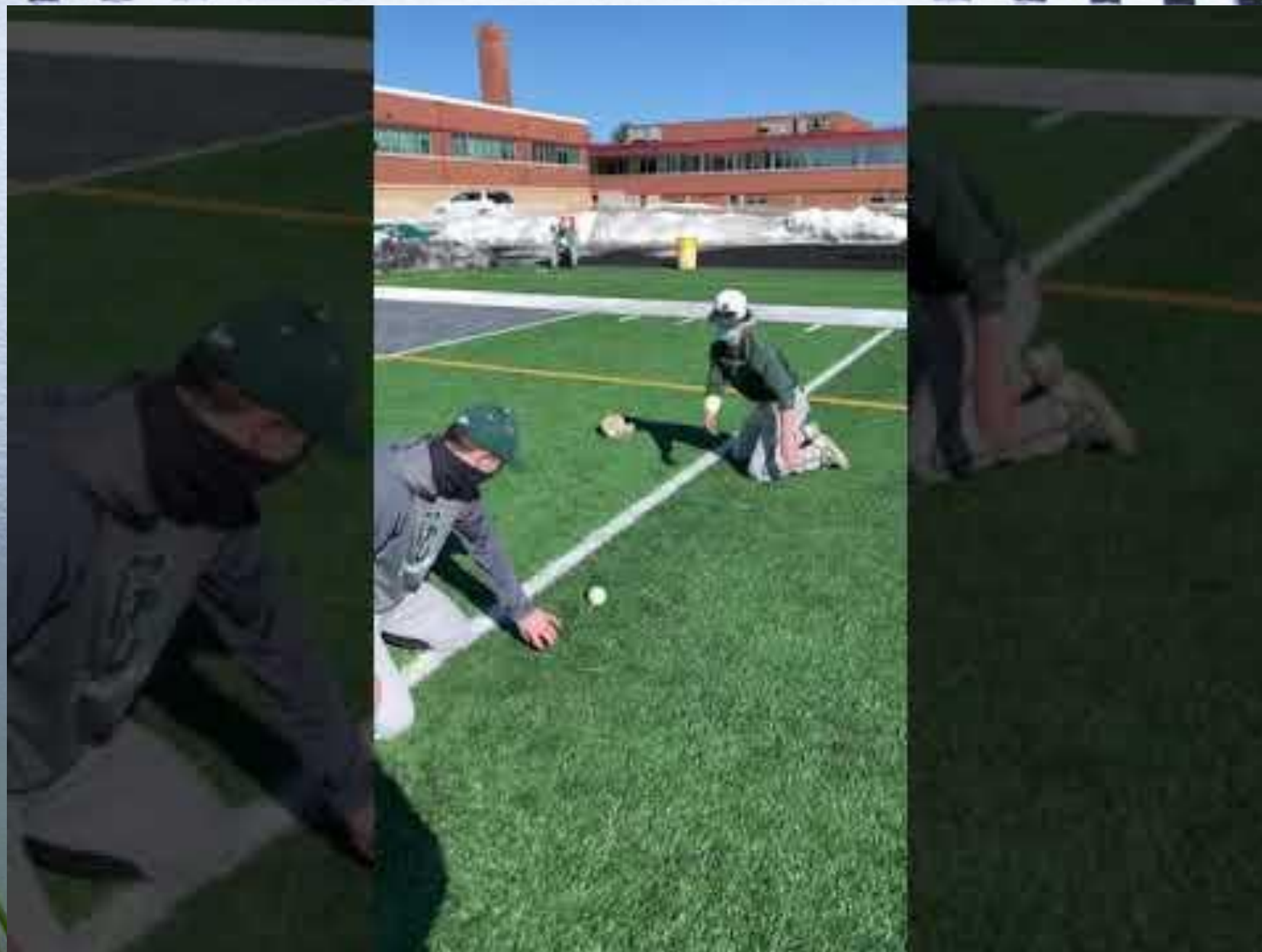
Two knee rollers



Two knee one hops



Two knee forehand



Two knee backhand



Two knee short hop combo

Points of emphasis on stand up progression

- All previous points rollover to these drills
- Glove should be on a 45 degree angle to the ground
- Field ball out in front of body-create fielding triangle



Stand up with glove short hop



Stand up with glove short hop forehand



Stand up with glove short hop backhand

Points of interest on slow rollers progression

- Work to get to the right of the ball to read it better
- Then slide back under and behind ball



Slow roller ground balls



Slow rollers forehand



Slow rollers backhand



Crawlers