



Buffalo Hanover Baseball Association

Infield Drills

Last part of Throwing Warmups

- **Ball In glove series- 2-3 Minutes**
 - **Overhead and Ground ball- Focus on offset to the glove side**
 - **Incorporate crow hops, etc.**

Outfield Drills- All Options 5 minutes

- **Barehand flyballs- Left, Right, Overhead**
 - **Player flips ball to coach, whatever hand the coach catches with player breaks that way**
- **Roll Ground balls- Gloves on**
 - **Player focus on getting around the ball-**
- **Fly ball communication**
 - **2 lines- Throw ball around center and let players make call**
 - **Simulates LF-CF and CF-RF**
- **3 Ball Drill**
 - **Point to direction player moves, catches ball, pivots to opposite direction, comes in on the last ball to simulate Line Drive.**
- **Line Drive vs Flyball-**
 - **Throw line drives and fly balls**
 - **Teachable- Ball below eyes come in, ball above eyes 1st step back**
- **Always throw 1 base ahead of runner**
 - **Never throw ball into the pitcher from the OF, needs to hit cut, cut throws to 1 base ahead of runner to pitcher. NO EXCEPTIONS.**
- **Ball at fence drill- Point to ball when going to it.**
 - **Ball stationary- Bare hand-shuffle throw to cut**
 - **Ball Moving – Use Glove pivot and throw to cut**
- **Foul Ball Drill**

- **Use foul area- gets players use to finding fence and catching free outs.**