

Regular Infield Drills

Throwing-Side Foot Backhand Drill

Age Appropriate

Grouping 4, ages 7 to 15+

Objective

To learn and practice proper technique for backhanding ground balls to the throwing-hand side

Setup

A bucket of balls, a coach to roll balls, cones or markers (optional)

Execution

This backhand is used for hard-hit balls slightly to the player's backhand side. Just like a regular ground ball, the backhand is caught out in front of the body so the eyes can follow the ball into the glove and the wrist and forearm don't get in the way. Players also need to establish a wide base with the butt down. A player lines up in front of a coach with the right leg extended. Player pivots the right foot so the instep faces the coach and drops the left knee to the ground (opposite for lefties). This creates a wide base to help get the butt down, and the glove is placed in front of the right foot and toward the coach. Coach should be close enough to roll balls directly into the glove until the player gets the hang of catching the ball out in front with one hand, squeezing the glove, and bringing it to the center of the body. Ball is rolled directly toward the front foot. Glove-hand wrist should be relaxed so the coach can see into glove. Tell players to avoid twisting the glove so they don't close it too soon. After five repetitions, have another player try. As players get more advanced they can raise the trail knee off the ground a few inches. Adding repetitions can help with conditioning.

