

Regular Infield Drills

Box Drill (Underhand Flip), Short to Second

Age Appropriate

Grouping 4, ages 7 to 15+

Objective

To simulate and practice the underhand flip from shortstop to second base

Setup

At least five players forming a box (two players on one corner), baseballs, cones or markers (optional)

Execution

Create a box with four players standing up to 25 feet apart (closer for younger players). A fifth player stands behind a player at any corner. The first toss originates from the corner where there are two players. Players don't use gloves (playing with bare hands increases concentration). Each player faces the corner to his or her right. The tosser shuffles his or her feet or crosses over, flips the ball to the player at the corner to his or her left, leaves the hand high, and follows the flip to that corner. After arriving at the next corner, he or she turns to face the corner to the right, holding two hands out in front, ready to receive the toss as the ball comes around. The player catches the ball first, generates momentum, tosses, and follows to the next corner. Stress maintaining a stiff wrist, no extra arm motion, leaving the hand high, and following the flip. This drill can be done with players of any age. For younger players, use gloves or softer balls. Count to see which group of five can catch the most in a row without missing one.

