

Regular Infield Drills

First Base Drill

Age Appropriate

Grouping 4, ages 7 to 15+

Objective

To develop proper mechanics when receiving throws at first base

Setup

A bucket of balls, a player or coach to throw, first basemen, an empty bucket

Execution

Players line up in foul territory near first base. The coach sets up anywhere in the infield with a bucket of balls. An empty bucket is placed near first base. The first player comes to first base and puts the heel of the throwing-side foot on the base. The coach throws the ball to this player. The player sees the ball coming across the diamond and takes his or her glove and glove-side foot directly toward the ball together. The ball should hit the glove at the same time the foot lands. This prevents stretching too soon. Stress that first basemen get to the bag quickly, stand tall, square shoulders to the infielder making the throw, and take the glove and glove-side foot toward the ball together. Remind them not to stretch prematurely. You can also have players work on receiving errant throws and short hops.



Coaching Keys

If players are stretching too soon, make them exaggerate the step with the glove foot so that the foot lands on the ground at the exact same time the ball enters the glove.