

Regular Infield Drills

High Five Drill (Underhand Flip)

Age Appropriate

Grouping 4, ages 7 to 15+

Objective

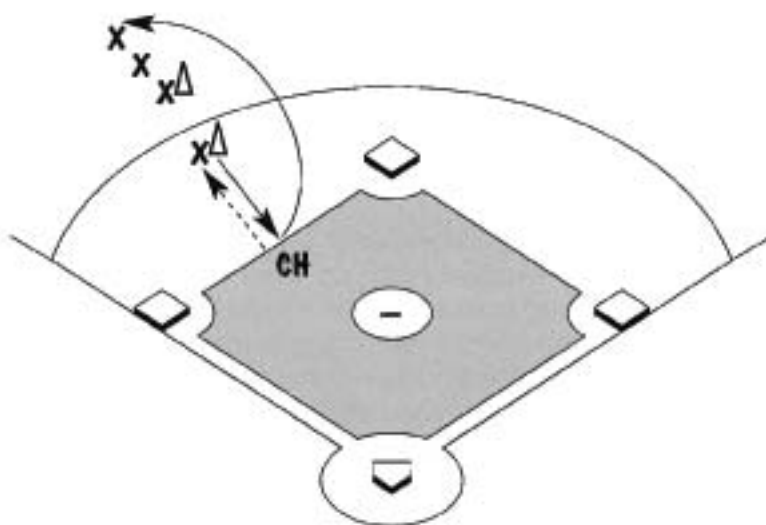
To understand and apply the concept of generating momentum toward the target when executing an underhand flip and to develop the habit of leaving the hand at face level after the flip

Setup

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

Execution

The underhand flip is used by virtually all infielders at some point, so it should be introduced at a young age and practiced. Players line up opposite the coach, 10 to 15 feet away. One at a time, players assume basic ground ball position (wide base, butt down, hands in front). The coach rolls balls to the first player. The player catches the ball first, generates momentum toward target, uses an underhand flip, and finishes by following the flip toward the coach with the hand held high at head level. When the player gets to the coach, he gives the coach a high five (hand should not drop below head level until high five is completed). Player uses body momentum to carry the toss to the target. Wrist remains stiff. Avoid letting the ball roll off the fingers.





Coaching Keys

This drill reminds players to keep the hand held high after the flip. Failure to keep the hand high is one of the most common mistakes when it comes to executing the underhand flip. Generally, wherever the hand ends up is the direction in which the ball is going to travel, and it's easier for the person receiving the flip to catch the ball if it's at chest or head level.