

Advanced Infield Drills

Machine Backhands and Forehands

Age Appropriate

Grouping 5, ages 10 to 15+

Objective

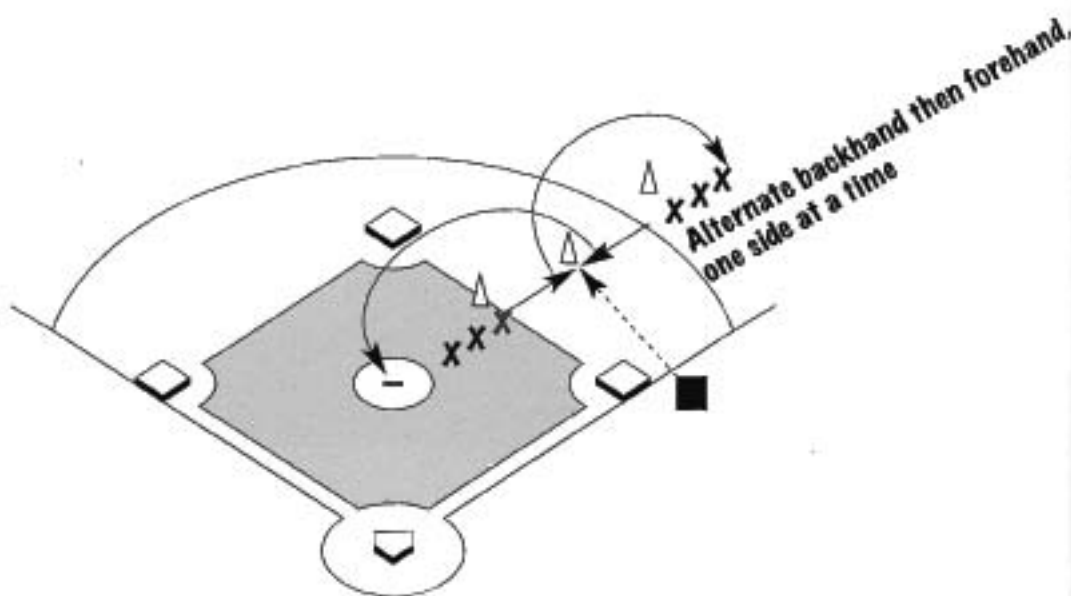
To work on getting to a spot quickly and catching the ball in front of the body on backhands and forehands

Setup

A bucket of balls, a pitching machine aimed to the same spot, cones or markers

Execution

Set up a cone in one spot; position a pitching machine to roll hard ground balls straight at the cone. Have players line up to the right or left of the cone so if they break when the ball is fed, they'll have to backhand or forehand the ball without getting in front of it. Players should break as the ball is fed through the machine, focusing on catching the ball out in front of their body at the cone. Alternate from one side to the other so players get both backhands and forehands. This drill can easily be turned into an elimination contest. Players should switch lines after catching a ground ball.





Coaching Keys

If players struggle to field balls cleanly because they're still on the move, allow them to break before the ball is fed and to set up in the backhand position before the ball arrives. Once they get comfortable making the play correctly with their gloves out in front of their bodies, have them break as the ball is fed to make the play more difficult.