



Guelph Minor Softball Association

Fielding Technique and Practice Drills Proper stance:

- Feet shoulder width apart.
- Knees bent -weight should be forward on the balls of feet.
- Their head is up facing the ball.
- Keep eyes on the ball until ball is in the glove.

Proper glove/hand position:

- Glove hand should just be touching the dirt at a 45 degree angle.
- Throwing hand should be above the glove with the palm facing the ball.
- Once the ball reaches the glove the top hand should cover the ball inside the glove.

Infield Grounder Drills Basic Grounder Drills:

- Form one line just behind shortstop position.
- Have one player at a time step up into the SS position.
- Roll grounders to the player and have them field ball and throw back to you.
- Emphasis the importance of proper stance, keeping glove on the ground, and making a quick but accurate throw back.

Side to Side Grounder Drills:

- Same as Basic but roll the balls left and right of the player to make him move to get in front of the ball.
- Emphasis the importance of moving to get in front of the ball instead of reaching out with the glove.

Hands Drills:

- Put the glove down and have the kids field the ball with their bare hands.
- Roll the ball then have them focus on using their hands to get the ball.
- Using a softer ball or tennis ball usual works great.

Alligator Drill:

- Roll grounders to the kids and have them make an alligator out of the arms.
- Bottom arm with glove is the jaw and the top arm without glove is the head.
- When the ball rolls in have them act like the alligator is biting or eating the ball.
- Both arms come together.

Triangle Drill:

- With 2-4 players have them form a quarter circle.
- Each player should stand with their feet just outside shoulder width.
- In the dirt draw a triangle using their feet as the base.
- Have them put their hands together and extend out in front of them touching the dirt. This will create the triangle.
- You roll a ball to each player and have them field the ball and toss back to you. Keeping the triangle intact (feet in place with hands in front)
- Attempt to roll the ball quickly and request a quick return.
- Continue around the group for about 5 minutes.
- Finish with everybody fielding correctly and throwing correctly.
- Speed this drill up as the players advance.

***Note: You can play a game to see which players fields the most correctly.**