



Five Step Fielding Drill

Five Step Fielding Drill:

Purpose: This drill works on the skills needed to field a ground ball quickly and effectively. It breaks down five steps that help a player ensure controlled movements.

Setup: This drill can be performed anywhere on the field with the coach standing near the player to call commands. This drill is performed without a ball, but a glove is needed.

Execution:

Part 1: Creep Step

1. *The coach calls "Creep or All-Star" and the player steps into a creep position. Creep Position or All-Star Position.*

- Take a small step out with the right foot and then a small step out with the left foot.
- Feet are slightly wider than shoulder width apart.
- Keep hands open and ready.
- The player can move in any direction (left, right, forward, backward) without having to reposition himself.

Part 2: Charge the Ball or Move through the Ball

2. *The coach calls "Charge or Move" and the player charges the ball or Moves through the ball by taking a few steps forward quickly and with control.*

Part 3: Breakdown

3. *The coach calls "Breakdown" and the player moves into a position in which he begins to field the ball.*

Breakdown Position:

- Feet are wider than shoulder width apart.
- Keep head down.
- The glove hand rests on the ground while the non-glove hand is hovering above.
- The arms are extended to meet the ball.

Part 4: Fielding Position

4. *The coach calls "Field" and the player pulls into a fielding position.*

Field Position:

- The player pulls the ball into his midsection, cradling the ball into his chest.
- Head stays down.

See these drills on video --> <http://www.softballspot.com/p/upgrade-fielding/>

Part 5: Throw

5. *The coach calls "Throw" and the player stands up and throws.*

Throwing Position:

- Steps with the right foot inside of the left.
- Squares shoulders, hips and knees toward target.
- Releases a strong throw.

Important to note that we always ask the girls to creep during games, so they are ready to charge the ground balls.