

Pewaukee High School Baseball – Infield

I. Philosophy

A. Athletic Players

B. Relaxed Concentration

C. Get in position to make a strong, accurate, and smart play.

II. Pre-Pitch

A. Physical

1. Stance

a) Feet shoulder-width apart, knees bent

b) On the balls of the feet

2. Glove Position

a) Palm facing home plate

(1) This will force the player to keep his or her glove open and will prevent “flipping the glove”

(2) “Flipping the glove” occurs when the player’s glove is not open to the ball and the player must flip his or her glove down to field the ball.

(a) Correcting this problem will allow the player to field the ball cleanly much more often.

3. Momentum

a) Get moving toward home plate

(1) A flat-footed infielder will not be able to reach maximum range

(2) Knowledge of the pitch and location will provide an advantage

(a) Take a peek at the catcher’s signs

B. Mental

1. Attention to Detail

a) A player needs to know what to do with the ball if it is hit to him or her

(1) How many outs?

(2) What if the ball is hit into the gap?

(3) Who is the cut-off man on a ball hit down the right field line?

(4) Where do I go on a bunt?

2. Communication

a) Middle-infielders need to be in constant communication

(1) Who is covering 2nd on a steal?

(2) Who is the cut-off man on a ball hit to center field?

(3) Where do I go on a ground ball back to the pitcher?

b) Must be a cohesive unit on double play balls

(1) Requires a lot of practice

III. Post Pitch

A. Take a good angle

1. Get in position to make a strong throw to the proper base

B. Proper footwork will make fielding easier

1. The emphasis is on the last 2 steps

a) For a RIGHT-HANDED throwing infielder

(1) Right-Left

b) For a LEFT-HANDED throwing infielder

(1) Left-Right

2. Charge the baseball

a) Charge the ball in a controlled manner

(1) Getting around the baseball is very important

b) Meet the ball softly

(1) Use 2 hands

3. With proper footwork, your momentum will aid the throw

a) Momentum is most helpful if it is moving you toward your target

IV. Drills

A. Throwing

1. Long-Toss

a) Builds arm strength

b) Normal toss

(1) Throw as hard and as accurately as possible

c) Tweeners

(1) Work on the in-between hops

(a) Backhanded and forehanded

B. Fielding

1. Soft-hands

a) Bare-handed fielding

(1) Roll to each other

(2) Focus on footwork / foot positioning

(a) Did you finish right-left? (for a right-hander)

(3) Paddle Drill

(a) Forces player to field with 2 hands and stay soft

b) Slow roller

(1) Work on getting around the baseball

(2) Get momentum going to the appropriate base

(3) Normal fielding

(a) Work the player to all sides (i.e. right, left)