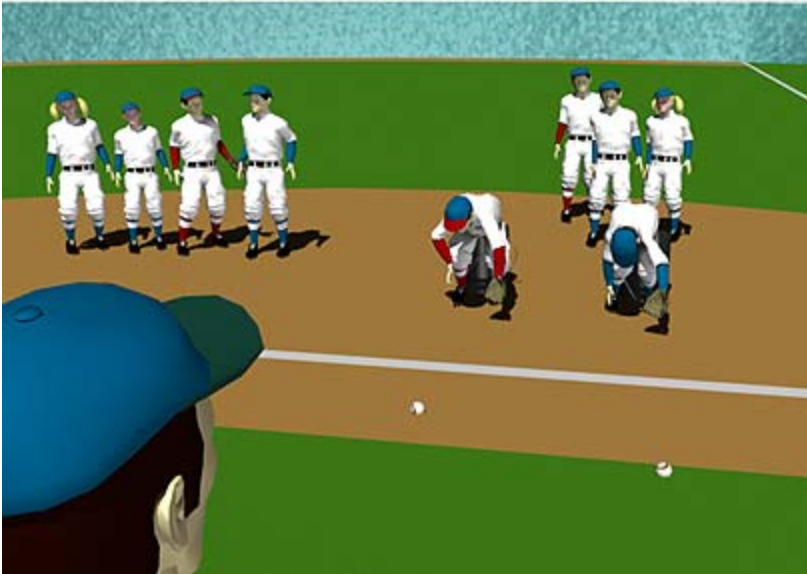




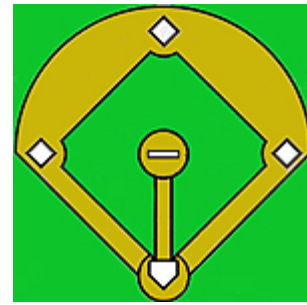
Fielding

Ground Balls



Organizational Set Up

Group of players. Two buckets. Large supply of balls. Practice anywhere on the field.



Coaching Points:

In this segment coach Rob Andrews talks about fielding ground balls.

A good way to teach fielding ground balls is to emphasize the bucket drill. Use a couple of buckets that you can buy at the store or even sometimes bakeries will give them away. We're going to use these buckets to help the players get into a good fielding position.

Players practice catching field balls, first by sitting on the bucket. They should have their feet apart and hands down on the ground in front of them. Then the players raise themselves up off the bucket slightly. The players position themselves way back until they are almost sitting on the bucket. This position is emphasizing a nice square back and bending the legs. In this position the player is not standing up and letting the ball go through their legs. They are getting down low, and this allows them to get both hands, out in front, where they want to catch the ball.

Coaches, we sometimes use terminology to help the players understand what we're looking for. One phrase we use is "alligator hands". We show the players how to put the glove hand on the ground, under the ball. Then the player takes the other hand and "snaps" it down on top of the glove hand, to trap the ball inside the glove. We also use the phrase "button tops". If they're wearing their hat, and they are positioned correctly, you will see the button top on top of their hat.

In this drill players alternate fielding the ball. The coach should roll the ball to the players.