

Fielding

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Name of Drill: Grounders in a Circle.

Procedure: All the players on a team form a large circle about the size of the infield. One girl rolls a grounder to any other girl who must field it properly and then roll a grounder to any other girls in the circle. Players DO NOT call out the player's name where the ball is going.

After a minute or so, add a second ball. Then a third. Then a fourth. Then a fifth. Five balls all going at the same time. Everyone has to watch everywhere, constantly, to see if a ball is coming to them. Improves reaction time and alertness. Coaches must emphasize good form in fielding the grounders.

Lots of fun. Lots of laughter.

