

Fielding

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Name of Drill: Team Drill #7.

Purpose for Pitchers and First Basemen: To work on pop-ups to the left of the pitcher and the right of the first baseman.

Explanation: A coach stands in front of home plate and throws pop-ups for the pitcher and first baseman.

Purpose for Outfielders, Second Basemen, and Shortstops: to work on throwing behind the runner rounding second base on a well-hit ball.

Explanation: The coach stands between second base and the mound and hits hard line-drives right at the outfielders. The second baseman and shortstop will alternate covering second base depending on where the ball is hit to the outfield. Any time the ball is not hit well, the outfielder fields it properly and fakes the throw to third base. On a well-hit ball to left, the second baseman will approach the bag from behind the runner, preparing herself to receive a throw to second base. On a well-hit ball to right, the shortstop will break from the cut-off position to second base when the ball leaves the right fielders hand. On a well-hit ball to center, the second baseman will break to the mound side of second base and move into the base when the ball leaves the center fielders hand. When the outfielders are in doubt about the status of the runner, they throw (fake) to third base.

Purpose for Catchers and Third Basemen: To work on pop-up communication.

Explanation: The coach or manager stands behind home plate and throws to an area within several feet of home plate in fair and foul territory.

This drill reprinted with permission from Kathy Veroni's book Coaching Fastpitch Softball Successfully.

The book can also be purchased on the NFCA Web site at <www.nfca.org> along with other books, videos, and audio tapes.