

Regular Infield Drills

4-6/6-4 Drill

Age Appropriate

Grouping 4, ages 7 to 15+

Objective

To practice getting force outs at second base using the underhand flip

Setup

A bucket of balls, a coach to roll balls, cones or markers, first basemen (optional)

Execution

This drill allows players to work on putting the double play together. One group lines up at shortstop. Another group lines up at second. The coach rolls a ground ball to the first player in the shortstop line. The first player in the second-base line runs to the bag, puts his or her left foot on the bag, and holds up both hands at chest level as a target. The shortstop fields the ball and executes an underhand flip to the second baseman, who takes his or her right foot to the ball and catches it. The second baseman returns the ball to the coach, and players go to the end of opposite lines. After each player has several turns, switch and work on the 4-6 double-play feed, in which the drill is reversed. The difference here is that the shortstop puts his or her right foot on bag and takes the left foot toward the ball. As players get comfortable, they can throw to a coach or teammates at first base to complete the double play. Stress the underhand flip and that players covering second base must get there fast enough to be stationary targets for their teammates.

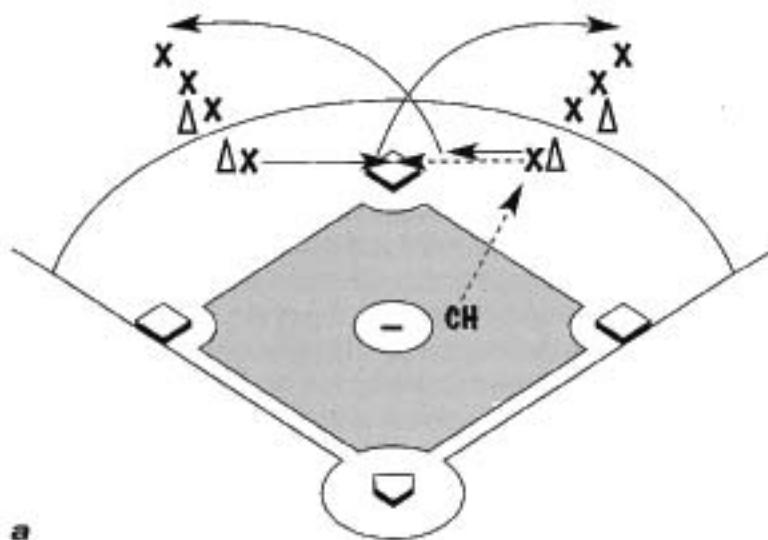


Coaching Keys

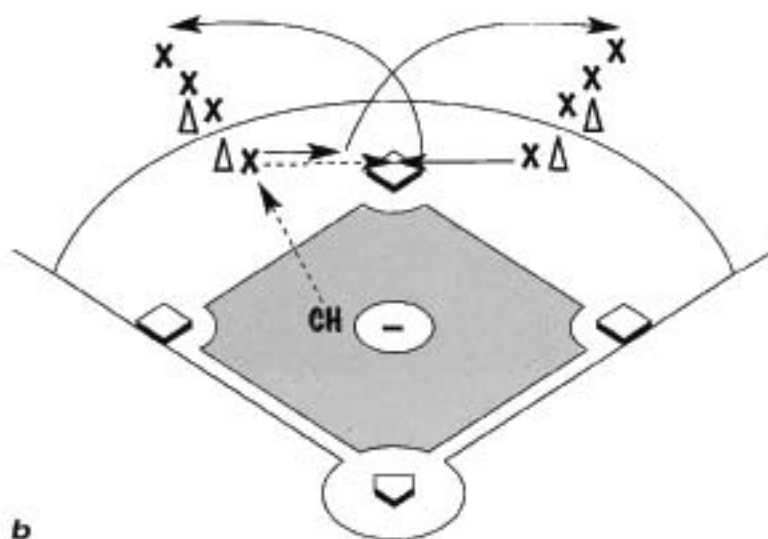
Typically, the most common problem with this drill also frequently happens in game situations: The player covering the base doesn't get there quickly enough to be a stationary target. This means the player fielding the ball must throw to a moving target, which compromises accuracy, and the player covering must catch the ball on the move like a wide receiver going over the middle. Stress that the player covering the base should break as soon as the ball is rolled to the fielder so that he or she can be a stationary target.

Another problem that can arise with this drill is the location from which the ball is rolled. The ball should be rolled from a position that simulates how the ball would travel off the bat from home plate. If you stand in front

of the fielder and roll the ball, the mechanics of the flip are different than they would be if the ball were coming off the bat because the fielder's shoulders are not square to home plate. The coach rolling the balls should align in a straight line between home plate and the shortstop or second baseman to better simulate the direction that a ball travels in a game.



a



b