

Regular Infield Drills

Box Drill (Underhand Flip), Second to Short

Age Appropriate

Grouping 4, ages 7 to 15+

Objective

To simulate and practice the underhand flip from second base to shortstop

Setup

At least five players forming a box (two players on one corner), baseballs, cones or markers (optional)

Execution

Create a box with four players standing up to 25 feet apart (closer for younger players). A fifth player stands behind a player at any one of the corners. The first toss originates from the corner where there are two players. Don't use gloves (playing with bare hands increases concentration). Each player faces the corner to his or her left. The tosser shuffles feet or crosses over, keeps the hand with the ball in front of the body, flips the ball to player at the corner to the right without turning the body, leaves the hand high, and follows the flip to that corner. After arriving at the next corner, he or she turns to face the corner to the left, holding two hands out in front, ready to receive the toss as the ball comes around. He or she catches the ball first, generates momentum, flips, and follows to the next corner. This technique is awkward because the hand stays in front of the body at all times. It's important to keep the wrist stiff and avoid turning the body completely toward target so that the hand is no longer in front. For younger players, use gloves or softer balls. Count to see which group of five can catch the most in a row without missing one.



Coaching Keys

Players might tend to turn and bring their hand behind their leg to execute this flip. This takes extra time and makes it harder for the shortstop to pick up where the toss is coming from. To avoid this, remind players that they're catching the ball out in front of their body, so that's the point from which the flip should be made.

