

Infield Mechanics & Drills

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Building a Solid Base: Getting Into an Athletic Fielding Position

Having a solid base sets the foundation for everything we do as infielders. Being prepared in an athletic position gives us the balance and control necessary to move quickly on our feet, make clean plays, and minimize mistakes.

- Triangle setup w/ PVC
- Med ball staying low
- “Pepper”

Glove Love: Teaching Quiet Hands

“Everdays” – Glovework mechanics meant to be done every day with a partner to enforce muscle memory & proper fielding mechanics.

- Round 1: On Knees → barehanded middle, forehand, & backhand rolled, then again as short hops (repeat with glove)
- Round 2: On Feet → middle, forehand, & backhand rolled, then again as short hops
- Baby gloves for the win!

Footwork Frenzy: Creating Fast Feet and Quick Transitions

Good footwork helps players get into the best fielding position, ensuring smoother transitions from fielding to throwing. It is also important to teach players to attack through the ball and beat the internal clock, rather than waiting.

- 3 cone weave, line in the sand, around the world progression
- 4 cone range drill
- Ladder work

Application: Team Fielding Drills

With only a bucket and some cones, you can get your team applying their fielding fundamentals to high stakes, game-like situations at practice.

- 2 Ball Drill
- Bucket Drill
- Figure 8 Drill



PLANET

FASTPITCH