



Pre-game Infield Practice

The purpose of the Pre-game Infield Practice is to warm-up the infielders and prepare them for the game. They need to get a feel for how hard or soft the infield is and build a rhythm and some confidence for the game. This is why Infield Practice should be done the same way every time. It allows the players to get into a repeatable routine, creating confidence and giving the team an organized, well-coached look for parents and opponents.

General Rules

- Have plenty of baseballs.
 - Do not chase them when they get past the fielders.
 - Have a coach or another player backing up behind the infielders.
- The ball always comes in to the catcher from 3rd base on the 2nd ball if fielder covers his base on throw from catcher.
- Always go around the infield from left to right. (3rd base, SS, 2nd base, 1st base)

Infield Practice

1. Play to home (twice)
 - a. Hit to 3rd base, throw home
 - b. Hit to SS, throw home
 - c. Hit to 2nd base, throw home
 - d. Hit to 1st base, throw home
 - e. Repeat
 - i. Cover your base on the 2nd one (if age & level appropriate)
 1. Catcher throws to 3rd
 2. Catcher throws to SS at 2nd base
 - a. SS throws to 3rd base
 - b. 3rd base throws home
 3. Catcher throws to 2nd
 - a. 2nd base throws the 3rd base
 - b. 3rd base throws home
 4. Catcher throws to 1st
 - a. 1st base throws to SS at 2nd base
 - b. SS throws to 3rd base
 - c. 3rd base throws home
2. Play to 1st base
 - a. 1st baseman throws to catcher on 1st ball.
 - b. Fielder covers their base on 2nd ball.
 - i. Same sequence as above.
3. Play to 2nd base
 - a. SS & 2nd baseman complete throw to 1st base.
 - i. 1st baseman throws to catcher on the 1st ball.



- b. Fielder covers their base on 2nd ball.
 - i. Same sequence as above.
4. Home & 1st
 - a. Throw home.
 - b. Catchers rolls 2nd ball to fielder.
 - c. Fielder throws to 1st base & runs off the field.

If time permits, you can add another round throwing to 1st base between Step 3 & 4.