

# 7. Taking Infield

## **Purpose:**

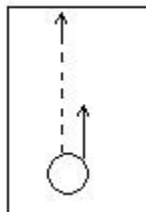
Works on quick hand-eye coordination. Drill focuses on six things that are needed to catch a ball – two feet, two hands and two eyes.

## **Setup:**

You need a player, a tennis ball and a wall.

## **Execution:**

- \* Player throws tennis ball hard against wall and catches it – much like an infielder would in baseball.
- \* As drill progresses, player moves closer and closer to the wall.



Player throws a tennis ball against the wall to improve his catching skills.

## **Coaching Tips:**

- \* Player should move his feet and get his body in position to make the catch. He should remain balanced.