

2021 FEBRUARY 4-WEEK FIELDING DAILIES

CATCHERS

<p><u>Positioning Work:</u></p> <ul style="list-style-type: none">- Alternate between sign position (resting) to secondary position (set up and target) x 20
<p><u>Receiving:</u></p> <ul style="list-style-type: none">- Bounce a tennis ball off the wall and receive the ball OR have a partner throw the tennis ball off the wall and try to receive x 20- Next, partner can underhand tosses to catcher using no glove to receive x 20
<p><u>Throwing Footwork:</u></p> <ul style="list-style-type: none">- Move from sign position to secondary position to pop up and throw position x 20- Next, bounce a tennis ball off the wall and receive the ball (as in the receiving work previously), then transition to the pop up and throw position x 20
<p><u>Blocking:</u></p> <ul style="list-style-type: none">- In blocking position, have a partner throw balls in the dirt to cushion x 20- Next, in secondary position, have a partner throw balls in the dirt to block x 20- Then, starting in blocking position, have a partner throw balls in dirt to cushion and scramble up to retrieve ball ending in throwing position x 20 (alternating footwork to 1B, 2B, 3B)- Finally, in secondary position, have a partner throw balls in the dirt to block and then scramble up to retrieve ball ending in throwing position x 20 (alternating footwork to 1B, 2B, 3B)

INFIELDERS

<p><u>Pre-Pitch Set Up</u> (video: 3 & 1):</p> <ul style="list-style-type: none">- Right-Left Ready with no ball (Basic – opposite for lefthanders), Split (Advanced) x 10
<p><u>Infield Posture:</u></p> <ul style="list-style-type: none">- Chest Forward, Butt Up, Arms Loose Out Front at 45 ° (try it in front of mirror, feel posture)
<p><u>Dailies on Knees</u> (video: 0:57):</p> <ul style="list-style-type: none">- No Glove Reach & Pull to Centre (receive, pull to centre, flip ball back) x 10
<p><u>Dailies Last Hops</u> (video: 0:00):</p> <ul style="list-style-type: none">- Glove Work from Knees (hinge wrist, push thru the path of the ball, catch in palm of glove – regular two hands, forehand one hand, backhand one hand) x 10 each
<p><u>Dailies Standing</u> (video: 0:00):</p> <ul style="list-style-type: none">- No Glove Reach & Pull to Centre (regular, shuffle right, shuffle left) x 20 total- Glove Work from Standing (same as above alternating regular, shuffle right, shuffle left) x 20 total

OUTFIELDERS

<p><u>Pre-Pitch Set Up</u> & First Step Wheel:</p> <ul style="list-style-type: none">- Right-Left Ready with no ball (visualize landing with last pre-pitch step as pitch in hitting zone) x 10- First Step Wheel (immediately after last pre-pitch step take first step around the spokes of a wheel – <u>drop step</u> left, drop step back, drop step right, lateral right, angle front-right, straight in, angle front-left, lateral left) x 2 rotations around the wheel (reset in wheel hub for pre-pitch before each spoke)
<p><u>Quarterbacks:</u></p> <ul style="list-style-type: none">- Drop step left, right and straight back (be sure to drop step at least 45° for left/right) x 10 each- Drop step left and reverse (away from ball reverse to opposite side, push off and gain ground) x 10- Drop step right and reverse (same as above but opposite direction) x 10
<p><u>GB Backhands & Reverse Pivots:</u></p> <ul style="list-style-type: none">- Drop step left and right to field backhand (step thru) and forehand (reverse pivot) x 10 each way