

HAILEY DECKER – FIELDING DRILLS

To keep their skills tuned, players should work on fielding fundamentals daily. This series of “fundie” drills performed with a ball and no glove provides your team with an easy way to practice basic fielding techniques anytime, anywhere. Instruct players to handle the ball with their heads to the side to avoid getting hit in the face on a bad hop.

SET 1 – Fielding grounders



Drill #1: Roll drill – middle:

Reps: 10

Two players sit 10 feet apart. Player 1 rolls a ball to her partner, aiming for her midline. Player 2 receives the ball on the ground in front of her body—no lifting—with the thumb on top of the ball and pinkie on the ground. If there is any lifting, this means the player’s hand has flattened out and she’s scooping up in to the ball. Player 1 then rolls the ball to her partner.



Drill #2: Roll drill – backhand:

Reps: 10

Two players sit 10 feet apart. Player 1 rolls a ball to her partner, aiming for her backhand. Player 2 receives the ball on the ground to the backhand side of her body—no lifting—with the pinkie on top of the ball and thumb on the ground. Player 1 then rolls the ball to her partner.

A common mistake to look for is the elbow “floating up.” This blocks the player’s line of vision. A player can correct this by leading with the thumb and keeping the elbow low and next to her body.



Drill #3: Roll drill – forehand:

Reps: 10

Two players sit 10 feet apart. Player 1 rolls a ball to her partner, aiming for her forehand. Player 2 receives the ball on the ground to the forehand side of her body—no lifting—with the thumb on top of the ball and pinkie on the ground. Player 1 then rolls the ball to her partner.

It’s important to keep the forehand on the outside of leg, leading with the pinkie and keeping the elbow close to the leg. If the player’s hand gets too far away from her body, she’ll lose control of the ball. The closer she is to her body, the stronger and more coordinated she’ll be.

SET 2 – Fielding hops



Drill #1: Short hop drill – middle:

Reps: 10

Two players sit 10 feet apart. Player 1 short hops a ball to her partner, aiming for her midline. Player 2 receives the ball in front of her body, lifting away from the ground with the thumb on top of the ball and pinkie on the opposite pole. As she lifts the ball, it's important to maintain the same wrist angle. Player 1 then short hops the ball to her partner.



Drill #2: Short hop drill – backhand:

Reps: 10

Two players sit 10 feet apart. Player 1 short hops a ball to her partner, aiming for her backhand. Player 2 receives the ball on the backhand side of her body, lifting away from the ground with the pinkie on top of the ball and thumb on the opposite pole.

As she lifts the ball, it's important to maintain the same wrist angle. Player 1 then short hops the ball to her partner.



Drill #3: Short hop drill – forehand:

Reps: 10

Two players sit 10 feet apart. Player 1 short hops a ball to her partner, aiming for her forehand. Player 2 receives the ball on the forehand side of her body, lifting away from the ground with the thumb on top of the ball and the pinkie on the opposite pole. As she lifts the ball, it's important to maintain the same wrist angle. Player 1 then short hops the ball to her partner.