

# BASEBALL FUNGO DRILL

## PURPOSE:

The Fungo Drill is designed primarily for infielders and catchers. However, outfielders may be used and may also be needed to either hit fungos or catch up depending on the number of pitchers you have on your team. The fungo drill has a three-fold purpose: 1) conditioning, 2) increase throwing accuracy and strength, and 3) ground ball repetition. The drill can be done in approximately 30 minutes but it can be modified for shorter or longer times.

## EQUIPMENT/PERSONNEL:

The Fungo Drill requires four (4) fungo hitters, four (4) catch-up players, a large first base screen, an extra flat base, four (4) fungo bats and plenty of baseballs.

## GROUND RULES:

During the Fungo Drill ground balls are hit at the four infielders simultaneously. Each infielder has a specific throw to make. **It is very important that you choose four good fungo hitters.** Each fungo hitter will have a catch-up man. Also, position players must make accurate throws to either their catch-up man or the base they are throwing to. Any ground balls that are misplayed should not be retrieved. Let all these balls go. Before the drill begins, players should know where they will be throwing the ball. Coach should start each phase on command and yell "last ball" to end one phase of the drill. This is very important.

## MODIFICATIONS:

The Fungo Drill outlined has six (6) phases. You can modify the drill any way you would like. For example, if you wanted to have your extra pitchers involved on the mound you could incorporate this into your own fungo drill. You can specify your own time limit on each phase. Normally you go anywhere from 1-2 minutes then you switch if necessary. You will notice that in almost each phase several positions will be doing more than one thing. This allows your infielders to work on more than one phase of their position. Halfway through the drill, however, these positions will need to switch so that each player gets equal time at that specific drill. The players who need to switch are noted on the page.

## CONCLUSION:

The Fungo Drill teaches your team discipline and cooperation. They all must work together and be very accurate. It can be a fun drill and yet it will work your infielders as never before. Outfielders can be taking ground balls in the outfield in pairs if you choose. We normally hit 50 at each outfielder, 25 to their right and 25 to their left. This is a part of outfield play that is not worked on enough. Outfielders must be able to field ground balls also.