

3 Minute Drill

Propose: Using 4 fungo creates a drill that enables all infielders to make all plays that will be possible in a game. Each drill last for 3 minutes. And has 4 quick drills twelve minutes. You have a player at each position with extra players taking throws at home plate, first base and second base. You also have 4 fungo hitters hitting ground balls at the same time.

#1 1st 3 minutes

ground ball to 3rd base throwing to 1st
ground ball to SS and throws to 2nd
ground ball to 2nd throws to home plate
ground ball to 1st with no throw

#2 2nd 3 minutes

ground ball to 3rd base throw to home plate
ground ball to SS throws to 1st base
ground ball to 2nd throws to 2nd base
ground ball to 1st base with no throw

#3 3rd 3 minutes

ground ball to 3rd base throwing to 2nd base with option of turning double plays
ground ball to SS with no throws
ground ball to 2nd base and throws to 1st base
ground ball to 1st base with no throws

#4 4th 3 minutes

ground ball to 3rd with no throws
ground ball to SS and throw to home plate
ground ball to 2nd with no throws
ground ball to 1st and turn double plays and get back to 1st

This enables all players to throw to 1st base and turn double plays. Infielders are able to make all plays to get prepare for a game except slow rollers. You can change the 3 minute to 2 minute or a 4 minute drill.

Communication drill to all players in game situation from coach on bench with single hand signals.

#1 Coach

Coach holds up 1 finger

- All infields plays normal depth to throw to 1st base with no runners on base.

Coach holds up 2 fingers

- Man on 1st base and all players play double play depth to turn a double play.

Coach holds up 3 fingers

- Normally a runner on 3rd base with no outs and the infielders play half plate on check the runner and throws to 1st base on a ground ball.

Coach holds 4 fingers

- There would be a runner on 3rd base and normally one out. The runner at 3rd base would try to scorer on a ground ball and defensive play would throw to home plate for an out.