



UNIVERSITY OF MIAMI BASEBALL

HURRICANES

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J.D. ARTEAGA  
Assistant Coach

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Head Coach

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Assistant Coach  
Recruiting Coordinator

### OF Drills

#### I. Angles

##### A. 8 Angles

1. Straight in without taking false step back
2. In & over to the right with a cross over step at 45 degree angle
3. In & over to the left with a cross over step at a 45 degree angle
4. Cross over step to the right at a 90 degree angle
5. Cross over step to the left at a 90 degree angle
6. Drop step to the right at a 135 degree angle
7. Drop step to the left at a 135 degree angle
8. Drop stop glove side pass 180 degree angle so you create an angle to the ball

#### II. Ground Balls

##### A. Routine Ground Balls

1. Charge ball at full speed
2. Break down with stutter steps to lower yourself as you approach ball
3. Field ball in middle of body with two hands
4. Feet need to be slightly pass shoulder width apart while squatting down with butt (not bending over by waist)
5. Field ball out in front of your body (not underneath your body)

##### B. Do or Die Ground Balls

1. Charge ball at full speed
2. Break down with stutter steps to lower yourself as you approach ball
3. Field ball on glove side with one hand
4. Feet need to be spread apart as far as you can to lower yourself
5. Field ball outside your front foot and just in front of your foot on your glove side

#### III. Fly Balls

##### A. Routine Fly Balls

1. Always come thru the ball
2. Catch ball on throwing side with two hands
3. Glove should be just off to the side of your head on throwing side
4. Never catch with glove in front of face; above or below head

##### B. Non-Routine Fly Balls

1. Anytime you have to reach for balls, it should be done as a one-handed catch (more range)

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IV. Throws

A. Crow-hop

1. Anytime you come thru the ball it should be a crow-hop
2. Two steps after catch in air or on ground then crow-hop

B. Shuffle

1. Anytime you come to a stop, you should always take one good shuffle and throw

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