

MASS FUNGO ROUTINE

Our mass fungo routine is designed to get maximum reps for our infielders in a short period of time. We believe this drill will develop higher awareness and improved concentration due to the high volume of ground balls and all the different variables required in the drill.

We run this routine in 4 rotations at 5 minutes each. It is preferred to use 4 qualified fungo hitters. We expect our fungo hitters to keep the ground balls coming at a reasonably quick pace which requires precision and feel. It is important during the 3rd rotation that the fungo hitters hitting to the SS and 3B stagger their timing enough to allow the fielders to field without fear of being hit in the crossfire.

Equipment needed:

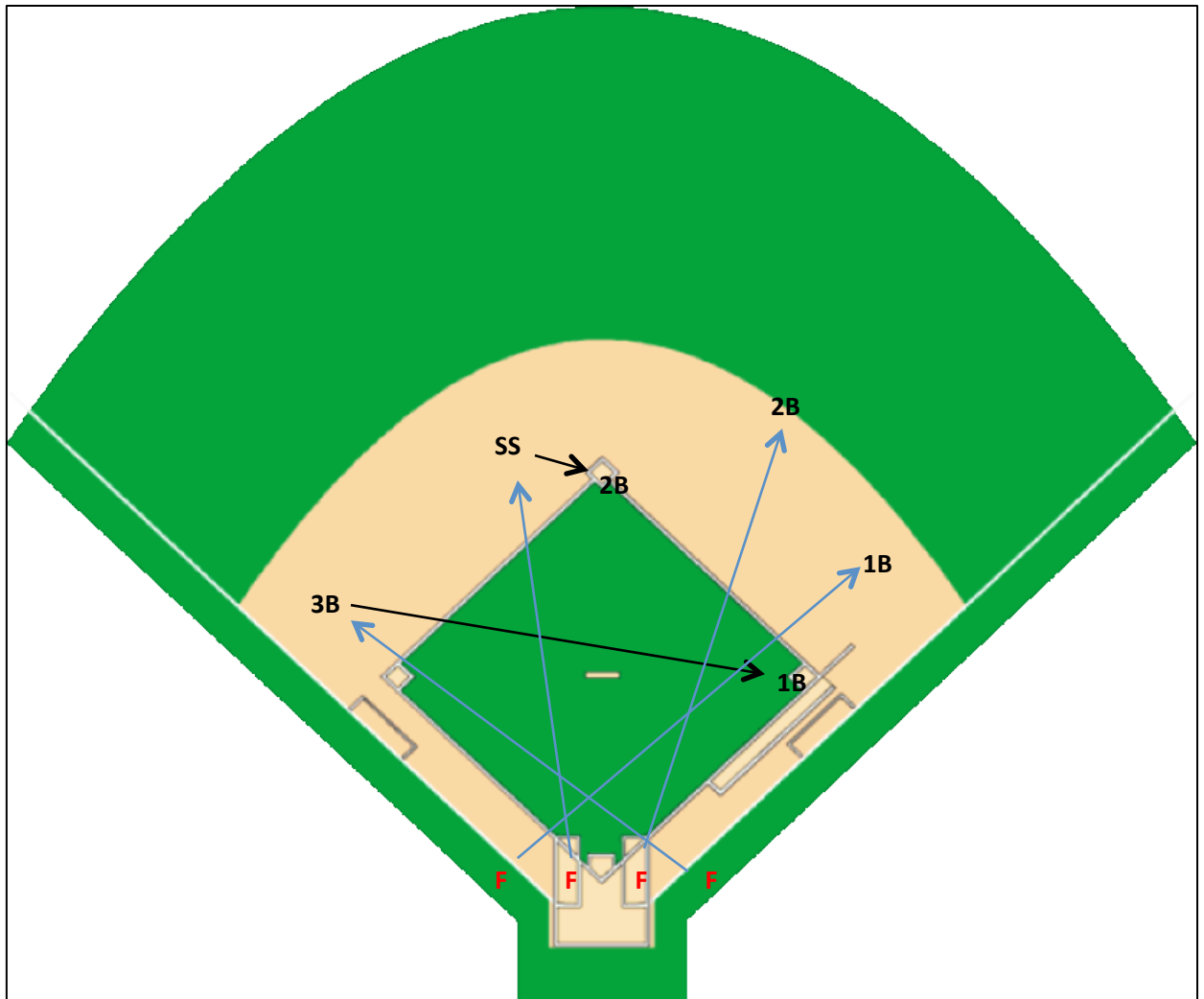
4 Buckets of balls for fungo hitters

4 Fungos

6 Empty buckets (1 per position and 1 at 2B and 1 at 1B)

*If you don't have enough buckets, it is perfectly alright to have the fielders throw the ball back to their fungo hitter.

When the rotations are over, we then switch to randomly hit double plays by only one fungo hitter. We do this for 10 minutes vs the stopwatch. During the first 5 minutes we use the time of 4.5 and for the final 5 minutes we switch to a 4.2. This allows us to continue to develop our internal clocks for competition on game days.



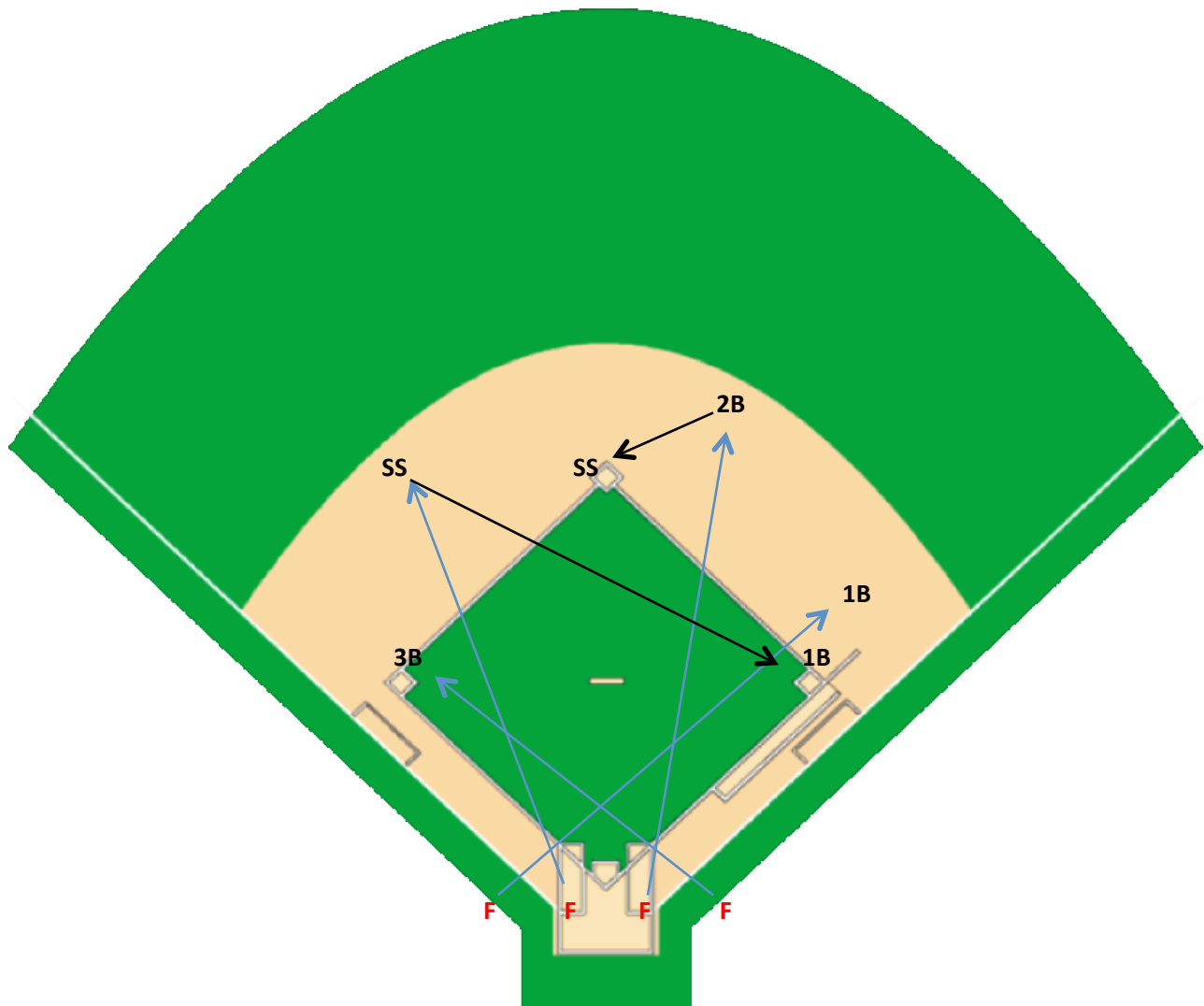
1st Rotation:

3B – Throws Across

SS – DP Feed

2B – Alternating between GB's and receiving DP Feed from SS

1B – Alternating between GB's and receiving throws from 3B's



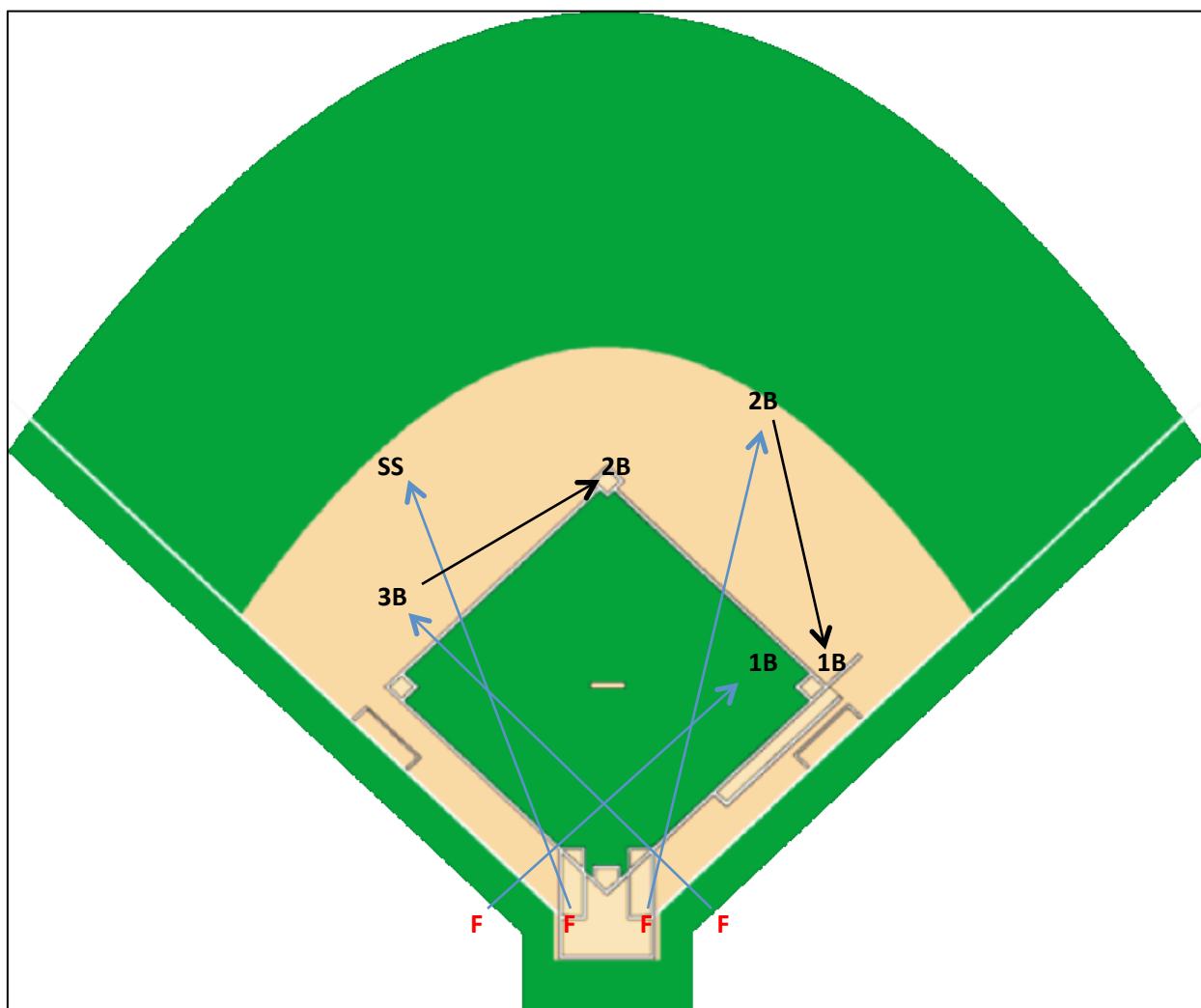
2nd Rotation:

3B – In Black (Infield in)

SS – Throws Across

2B – DP Feeds

1B – Simulated DP Feeds from behind bag



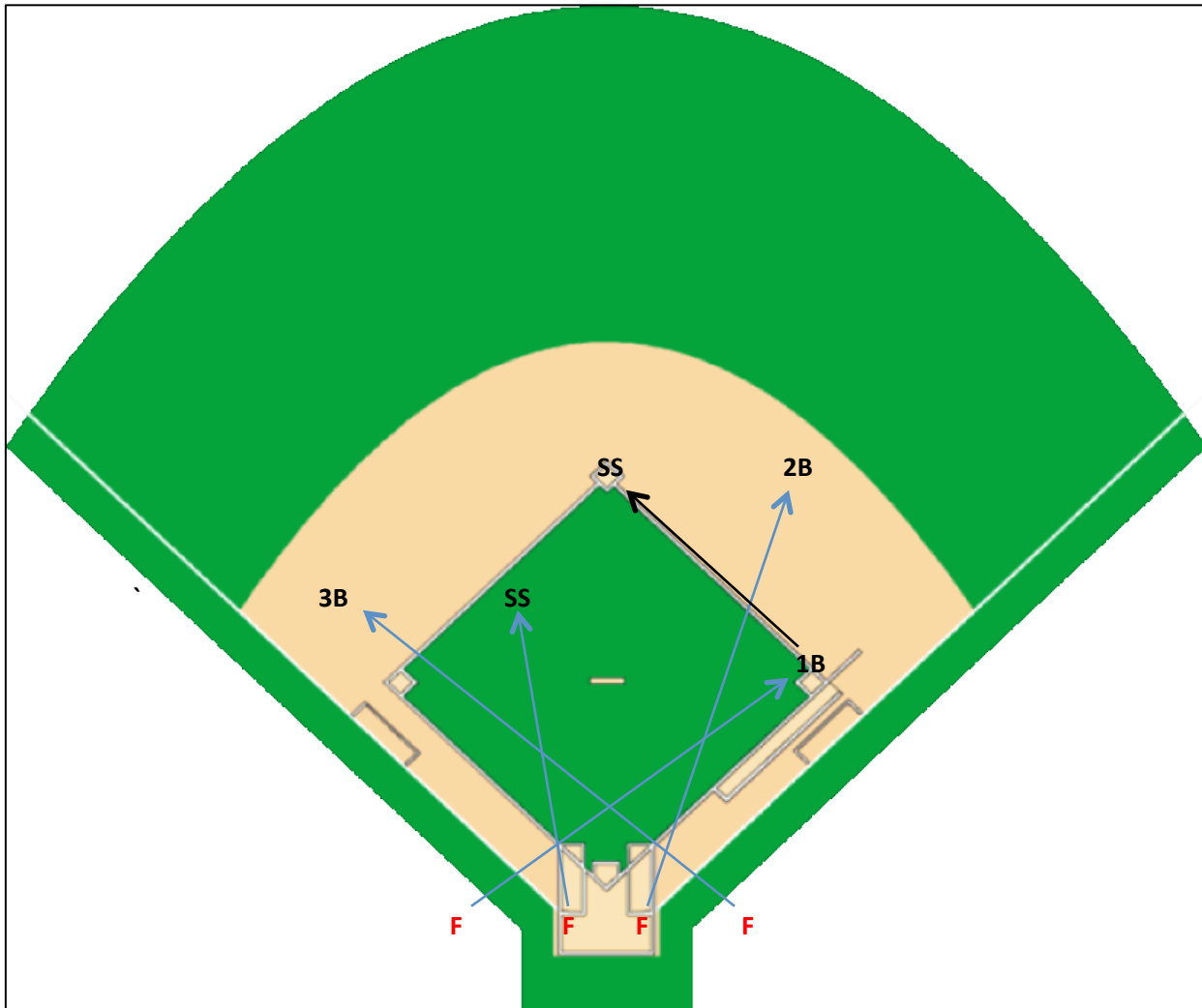
3rd Rotation:

3B – DP Feeds

SS – Normal (No Throws)

2B – Alternating between throws across and receiving DP feeds from 3B

1B – Alternating between Black and Taking throws from 2B



4th Rotation:

3B – Normal

SS – Alternating between Black and DP Feeds from 1B

2B – Normal

1B – DP Feeds from and behind the bag

