

Glove Extension Drill

Young players often make the mistake of fielding ground balls with their glove directly beneath them, rather than extended out in front. This drill helps ensure proper extension.

Lay a bat on the ground perpendicular to a line of players. The first player in line should be 6 feet from the bat in a ready position. The Coach stands about 10 feet away opposite the players, and rolls a ball toward the bat. The player must approach the ground ball and assume a good fielding position right behind the bat, without his feet touching or going over it. In order to prevent the ball from rolling into the bat the player must have his glove extended in front of the bat. Once the player secures the ball, he sprints forward, places it at the feet of the coach, and runs to the end of the line. The Coach keeps rolling a ball to the next player each time a ball is placed at his feet.