



Infield Bucket Drill

This drill allows the coaches to hit many groundballs to infielders in a short period of time.

Supplies you'll need: 5 buckets and lots of baseballs.

Place a bucket behind first, second, and third base. Add two buckets for the coaches – one along the first base line, and a second along the third base line. Each coach places baseballs in the bucket.

Players line up at first, second, third, and shortstop position.

Both coaches begin hitting grounders at the same time. The coach along the first base line hits the ball to the 3rd baseman (who throws the ball to the shortstop covering second, who then drops the ball in the bucket behind second base). The coach along the 3rd base line hits the ball to the 2nd baseman (who throws the ball to the 1st baseman, who then drops the ball in the bucket behind first base). When all baseballs have been hit, fielded, thrown, caught, and dropped in the bucket, the filled bucket is returned to the coach (exchanged for, or dumped into the coach's bucket).

The next round of grounders begins by the coach on the first base line hitting the ball to the shortstop (who turns and throws the ball to the 3rd third baseman covering third base, who then drops the ball in the bucket behind third base). The coach on the 3rd base line hits the ball to the 1st baseman (who turns and throws the ball to the 2nd baseman covering second base, who then drops the ball into the bucket behind second base). When all baseballs have been hit, fielded, thrown, caught, and dropped in the bucket, the filled bucket is returned to the coach (exchanged for, or dumped into the coach's bucket).

This drill allows the infielders to get the maximum number of groundball chances and throws in the smallest window of time. You can run this drill for 15 minutes and get in as many ground balls as you might in 30 minutes of regular infield practice.

It is important for the coaches to be careful not to ask the fielders to throw across positions (ie 2nd baseman throwing to third base). Because this is a fast-moving drill, safety is very important.