

North Idaho College Softball



Infield Everyday

1. Slow rollers on knees
 - a. Chest over
 - b. Elbows bent
 - c. Rake thru and separate
2. Slow rollers on the feet
3. Skating slow rollers
 - a. Field ball inside glove foot
 - b. Rake thru ball
4. Slow rollers on feet
 - a. Left, right foot then separate hands in front (check your watch)
5. Short hops on your knees
 - a. Chest over
 - b. Elbows bent
 - c. Rake thru and separate
6. Short hops on feet
 - a. Glove foot slightly ahead of other foot
 - b. Chest over
 - c. Straight back
 - d. Bent elbows
 - e. Rake thru and separate
 - f. First step transition
7. Forehand short hops(switch feet halfway)
 - a. Chest over knee
 - b. Field ball outside of foot
 - c. Catch outside of foot
 - d. Rake thru and separate
 - e. First step transition

8. Backhand short hops(switch feet halfway)
 - a. Chest over knee
 - b. Catch ball outside of foot
 - c. Lead with elbow
 - d. Rake thru and separate
 - e. First step transition

9. Baseball glove work on knees
 - a. Small glove
 - b. Short hops: front, forehand, backhand
 - c. Line drives
 - d. Emphasis on getting glove in right position

10. Baseball toss on feet
 - a. Running into short hop, forehand, backhand
 - b. Stay low and attack short hop
 - c. Keep your head down
 - d. Rack thru ball

11. Ball rolls
 - a. Drop cross around the ball
 - b. Forehands
 - c. Backhands
 - d. Power backhands
 - e. Catch step throw
 - f. High hop