

Two Ball Drill

Two Ball Drill

The purpose of this document is to describe a two ball infield drill. When you want to add a little more action to the regular infield drill, try two balls at once. I have seen it done and it looks great. My friends on the one team that did it say it is easy to learn. They were a young team, and were honored to do it at a national tournament before the championship game. It looks harder than it is.

Keep the balls moving by making decisions on the fly

The key to this drill: everyone makes decisions on the fly. Be flexible. Each player has two or three places they can throw the ball. Make a decision and throw to a person on a base who is not busy. Hit right at a person, a person who is not busy. Cover the base when you are not busy. Throw or hit the ball to someone who is not busy and keep the balls moving. Normally the order is to hit the first ball to an infielder then hit the next ball to an outfielder and so on. Since there are only three outfielders and four infielders, you start with an infielder and end with an infielder. But be flexible and always hit to someone not busy. Cover the bases. Stay close to the bases, and keep the balls moving. Even when someone makes a bad throw, hit, or drops a ball, keep the balls moving.

For example:

For example: the third baseman throws to first and the leftfielder throws to second. The catcher receives from first baseman. The third baseman receives from the second baseman. The ball is hit to the shortstop. The catcher receives from the third baseman. The shortstop throws to first. The ball is hit to center fielder. The catcher receives from first baseman. Centerfielder throws to third. Ball is hit to second baseman. Third baseman throws to catcher. Second baseman throws to first. Ball is hit to Right fielder. Catcher receives from first baseman. Right fielder throws to second baseman. Ball is hit to first baseman. Second baseman throws to catcher. First baseman throws to shortstop at second base. Ball is hit to third baseman to start another round. Shortstop throws to catcher. Third baseman changes things up by throwing to second baseman at second base. The ball is hit to left field. The second baseman throws to first. The left fielder throws to third. The first baseman throws to catcher. The third baseman throws to second baseman at second. The ball is hit to shortstop. The second baseman throws to third or home and so on.

Summary: Two Ball Drill

The purpose of this document is to describe a two ball infield drill. When you want to add a little more action to the regular infield drill, try two balls at once. I have seen it done and it looks great. My friends on the one team that did it say it is easy to learn. They were a young team, and were honored to do it at a national tournament before the championship game. Looking harder than it is, it teaches accurate throwing under pressure and decision making,