**[Star Fielding – Fielding Drill](http://fastpitch.tv/star-fielding-fielding-drill" \o "Permanent Link to Star Fielding –  Fielding Drill)**

This drill will boost a players stamina and while working on foot work and accuracy.

Set up the infield with a first baseman, short stop, third baseman, and a catcher to feed balls to the coach who is hitting fungo.

The coach will hit the ball to the short stop, who will then use proper foot work to tag 2nd base and throw to the third baseman.

The third baseman will catch the ball, tag third and then throw to first.

The first baseman will catch the ball, tag first base, and then throw the ball back to the catcher.

Continue the drill about 5-6 times without error and then switch the players.

This drill is quick and will only allow the players a few seconds of rest in between fielding the ball and resetting for the next one.

[**Turning 2 – Fielding Drill**](http://fastpitch.tv/turning-2-fielding-drill)

This drill is an effective way to practice making a double play.

Have the coach as the hitter and the entire infield in position.

The coach will hit the ball at random and the situation will always be to get the imaginary runner out at second and then turn the double play at first.

When infield preforms up to par then add in a base runner at first to add pressure to the defense to make the play.

[**Ground Ball Game – Fielding Drill**](http://fastpitch.tv/ground-ball-game-fielding-drill)

This drill will promote fun competition between the players on the team.

All of the players will line up behind third base.

The first player will step out about 8 – 9 steps to the right of the plate.

The coach will then hit a ground ball to the player.

Once all of the players have gotten one ground ball then the hits will become harder and have more range in the direction that they are going.

One a player misses the ball then they are out

The last player standing is the winner.

Play this at the end of every practice or once a week with the incentive that at the end of the month, or season, that the player that has won the most gets a gift card or something of that nature.

[**-Zig Zag Drill – Fielding Drill**](http://fastpitch.tv/z-drill-fielding-drill)

This drill will develop accuracy with throws and build trust with teammates.

Players form two lines facing each other about 15 – 20 feet apart. The coach flips a ball to the first player. That player throws to the player across from her.

That player immediately throws the ball to the next player in line across from her. This continues until the catcher receives the ball. The catcher then drops ball into the bucket.

After the first ball is flipped by the coach, another is tossed in by the coach.

Depending upon the skill level of the players, the coach may flip the ball immediately, or he may wait a few seconds. This continues until the coach runs out of softballs.

[**-Bat Around The Horn – Fielding Drill**](http://fastpitch.tv/bat-around-the-horn-fielding-drill)

This is a great drill/game for a team to build speed, accuracy in throwing, communication, and team bonding.

This game requires two teams of at least 5 players.

One team takes the field at 1st base, 2nd base, shortstop, 3rd base, and catcher. The other team is at bat. The batter hits a ground ball. This can be done from a tee, a soft toss, or by throwing the ball up and hitting it. Fly balls are strikes.

An infielder catches the ball and throws to 1st base. 1st base then throws to one of the other infielders. That fielder throws back to 1st base. 1st base then throws to the other infielder who hasn’t yet touched the ball, who throws back to 1st base. The ball then goes around the horn: 1st base to short stop to 2nd base to 3rd base. Then it is thrown to the catcher.

Each fielder must touch her base before throwing except for when the ball is thrown around the horn and home. If the batter-runner can run all the way home before the ball gets home, they score a run. If the ball gets home first, they have one out. In that case, the fielders rotate one position clockwise and the next batter hits.

For every batter, each fielder has caught 3 balls and made 3 throws. Every catch and throw must be accurate or the batting team scores one run. Batters need to wear helmets. Fielders can rotate in at 3rd base if you are playing with more than 5 players on each team.

[**-Wrap Around – Fielding Drill**](http://fastpitch.tv/wrap-around-fielding-drill)

This drill will work on all types of fielding the ball and increase endurance if continued on a regular basis.

Have two players stand 10-20 feet apart.

Player one throws a ground ball to Player Two. Player Two fields and throws back to Player  
One.

Player Two then runs toward Player One. She will circle Player One and return to her spot.

Player One will throw a flyball back to her.

After Player Two gets the ball, she throws it back to Player One. Then Player One throws  
back to Player Two.

Then Player Two gives the ground ball to Player One repeating the process.

[**Hit the Bucket – Fielding Drill**](http://fastpitch.tv/hit-the-bucket-fielding-drill)

This drill improves throwing accuracy and footwork in the infield.

Divide the team into two groups. Half are positioned at short stop and the other half are positioned at second base.

Mark off a starting point that the girls must stay behind until a ground ball is hit to them by a coach at home plate. Each group alternates players fielding ground balls and throwing to home plate where two stacked buckets are located.

Each time a player hits the top bucket on a bounce 1 point is awarded. Hitting the bucket without a bounce gets 2 points. The first group to 10 points is the winner

[**-Four Corners – Fielding Drill**](http://fastpitch.tv/four-corners-fielding-drill)

This drill is an effective way to incorporate a quick warm-up, work on fielding ground balls, throwing accuracy, and pivoting to make the next throw.

Players are located at 3rd base fielding position, 2nd base (on bag), 1st base (on bag) and at catcher. All other players are lined up at 3rd base coaching box.

The coach hits ground ball to 3rd base, who throws to 2nd base, who throws to 1st base, who throws to catcher.

After they throw, the player then sprints to the position she threw to.

The next player in line then assumes 3rd base and the drill starts over.

When everyone has been through, place the players at 1st base and the drill goes from 1st base to 2nd base to 3rd base to catcher.

This drill provides a quick warm-up and works on fielding ground balls, throwing accuracy, and pivoting to make the next throw.

[**-Star Game – Fielding Drills**](http://fastpitch.tv/star-fielding-drills)

This drill is a sufficient way to have infielder’s learning to get rid of the ball quickly.

Infielders stand at their positions (except the pitcher)and the ball starts at the catcher, who throws to the second baseman.

The second baseman then throws to the third baseman.

The third baseman then throws to the first baseman.

The first baseman then throws to the shortstop.

The short stop finishes with throwing back to the catcher.

While this is happening, a runner is running the bases. They leave at the same time as the catcher starts the cycle.

The fielders usually start to move towards the middle, making it easier on them. Let them do that for a while, until it gets too easy, then make them start backing up. After they get a few steps in the grass the faster runners start making it close. (the runners like to see a dropped or missed ball)

[**Drop Third Out – Catchers Drills**](http://fastpitch.tv/drop-third-out-catchers-drills)

This drill is an great way to ensure that when a drop third strike occurs in a game that the catcher know what to do and can execute the play efficiently.

Create a game like situation when the batter swings and the ball drops to the dirt first.

The batter will take off to first base and the catcher must find the ball and throw the ball to first base before the batter reaches the bag.

[**Quick Corners – Catching Drill**](http://fastpitch.tv/quick-corners-catching-drill)

This drill will aid the catcher in accuracy to picking off runners at 1st and 3rd

The catcher will be in full gear behind the plate. One coach/player will be about 5 feet in front of home plate with a bucket of balls, and one player at 1st and 3rd.

The coach will toss the balls to the catcher who will throw to 1st and 3rd, alternating between the two until the bucket is empty.

This drill is quick with little time for the catcher to reset in between.

The catcher will become fatigued.

This drill is an effective way to have the catchers work on retrieving balls near the baskstop and making the play at the plate. This also helps to alleviate some of the pitcher’s anxieties about making the play on the runner stealing home.

Dump a bucket of balls along the backstop behind the catcher.

The catcher will begin in his/her usual stance and the pitcher waits just inside the pitching circle.

On “GO” the catcher mist turn around, go for the ball, look quickly, and backhand the ball to the pitcher running in. The pitcher works on fielding the ball and making the tag.

Continue this drill until the catcher is able to accurately place the ball at the plate on repeated tries and then add a runner attempting to steal home.

[**-Framing – Catching Drills**](http://fastpitch.tv/framing-catching-drills)

This drill will provide experience in perfecting framing pitches in games.

Start by having the catcher, in full gear, set up behind the plate.

The coach will begin to throw softballs (balls, strikes, outside, inside)

Whatever the pitch may be have the catcher attempt to rotate and move their glove in such a way that it will appear to be a strike to the umpire.

Movements should not be over-the-top as to avoid obvious framing.

[**-Bounce at Plate – Catching Drill**](http://fastpitch.tv/bounce-at-plate-catching-drill)

This drill is an effective way to get a catcher used to blocking the ball from getting past them.

Set up a pitching machine at the pitcher’s mound and shoot alls into the ground just behind home plate and in front of home plate.

The catcher must be in full gear and catch the balls so that they do not go behind her.

After becoming comfortable blocking the ball with using a glove, tie the catcher’s hands behind her back and throw sponge balls. (Not regular balls) This version will improve movement to the ball.

[**-Throwing Footwork – Catching Drill**](http://fastpitch.tv/throwing-footwork-catching-drill)

This drill exercises proper foot work and anticipating steals from the other team.

This will require 2 players. One catching and one throwing.

The catcher will assume her stance as if there is a runner on first base and the pitcher will throw the ball around the strike zone.

Once the ball is caught the catcher should quickly execute the proper footwork to get to the throwing position.

This is just a foot work drill, so once the proper throwing position is reached then the catcher should pause with the ball in her throwing hand and flip the ball back to the pitcher.

Repeat about ten to twelve times. Take a break and repeat on the other side.

[**-Throw Down – Catching Drill**](http://fastpitch.tv/throw-down-catching-drill)

This drill will exercise a catcher’s ability to field a ball and throw it to any position needed.

Lay five to six balls in a semi-circle in front of a fully dressed catcher. From her stance have him/her retrieve one ball and throw it down, using proper throwing techniques, then return to her stance.

Continue drill until he/she has thrown all of the balls. Time him/her for fun and make sure to emphasize accuracy.

This drill will build confidence and trust between the players.

This drill can be incorporated with different positions and players.

[**The W Drill – Pitching Drill**](http://fastpitch.tv/w-drill-pitching-drill)

The “W” drill conditions pitchers in fielding the bunt, making a firm throw, and developing mental toughness.

Draw a large “W” in the dirt.

Stand on the pitching rubber with the “W” facing the pitcher.

The first pitcher throws a pitch to the catcher, drives off the mound to her right, fields a rolled ground ball or bunt from the batter’s box, makes a firm throw to first base, and returns to the pitching rubber.

The pitcher then throws her second pitch, drives downhill and fields a rolled ball at the top of the “W”, makes a firm throw to second base, then back pedals full speed to the pitching rubber.

The pitcher then throws her third pitch, drives downhill, fields a rolled ball to her left, makes a firm throw to third base, then back pedals full speed to the pitching rubber.

The second pitcher then toes the rubber and starts her round of the same drill, and then the third pitcher, etc.

This drill is to be full speed throughout.

[**The Ten Strike Game – Pitching Drill**](http://fastpitch.tv/ten-strike-game-pitching-drill)

This drill helps increase pitching accuracy while adding a bit of fun competition.

This game can be played with two or more pitchers and a catcher.

The object of the game is to throw ten strikes.

The first pitcher throws as many balls as it takes to throw ten called strikes.

The next pitcher tries to beat that number by throwing fewer pitches to get to ten strikes.

The catcher is the judge.

A more challenging game is to count only pitches where the catcher does not have to move her glove to catch the ball. If she moves her glove, the pitch does not count.

[**the 20 4 – Pitching Drill**](http://fastpitch.tv/20-4-pitching-drill)

The 20-4 drill focuses on strike accuracy and ball control.

The pitcher starts anywhere from one half to her full normal pitching distance, depending on her development and skill.

This drill requires the pitcher to pitch 20 strikes for every 4 balls she pitches. If she pitches the fourth ball before getting the 20th strike, she starts over.

The pitcher should be encouraged to pitch slower, at about 60% of her normal pitching speed, focusing on accuracy.

Be careful to not overwork the pitcher in this drill, because it requires a lot of repetitive pitching, with less downtime between pitches.

[**The Walk Up – Pitching Drill**](http://fastpitch.tv/walk-up-pitching-drill)

This drill helps the pitcher extend her pitching range and get momentum.

The pitcher begins one step behind the mound.

She takes only one step as she presents the ball, then throws the pitch.

The step should be aggressive and long, helping the pitcher to extend her pitching range and gain momentum.

[**The Pitching Distance – Pitching Drill**](http://fastpitch.tv/pitching-distance-pitching-drill)

This drill is for pitchers needing to improve or practice control and accuracy.

The pitcher starts at half her normal pitching distance from the catcher, and throws a few strikes.

The pitcher then backs up to another designated line, about 10 feet behind the first, throwing a few strikes again.

This continues until the pitcher is throwing from approximately twice the pitcher’s normal pitching distance.

The coach can determine how many strikes she must throw before moving on to the next line.

The important point about the pitching distance drill is that the pitcher should essentially keep her form the same as she pitches, regardless of the distance. It is important that she provides the correct amount of power, keeping the body mechanics and pitching technique the same.

As the pitcher moves father out, she should focus on:

– Taking a longer stride

– Making a more controlled final down swing

– Getting a good flick of the wrist at the release

[**The K – Pitching Drill**](http://fastpitch.tv/k-pitching-drill)

This drill adds power to the pitcher’s release and squares the body to the target, increasing consistency.

The pitcher starts out in the “K” position. This is the position the pitcher is in when she has taken her stride toward the plate, glove hand pointing toward the target and the ball hand is at its highest point.

From the third base side, the body resembles the letter ”K”.

As the pitcher brings her ball hand around toward the release point, she pushes off the pitching rubber with her trail foot violently so it squares the body to the target.

[**Tag Up Drill – Base Running Drill**](http://fastpitch.tv/tag-up-drill-base-running-drill)

This drill will help base runners that get caught taking off on fly balls without tagging up on the base.

Have runners at each base, players in each position, and then have the coach hit from home plate(hitting mostly fly balls and some low flys, and popups close to the infield)

This will simulate game situations and to make sure that the runners are paying attention to where the ball is going before just immediately taking off on bat contact

[**Crowns – Running Drill**](http://fastpitch.tv/crowns-running-drill)

This drill is great for building a players strength and endurance when running. This is a great off season drill.

Line up all of the players in partners at home plate. (Partners will encourage each other)

The first group will jog out to the foul pole in right field and drop and do 10 push-ups correctly.

The second group will follow when the first group finishes their push-up and so on..

The first group now jogs backwards to the second base fielding position, drops and completes 15 correct sit-ups (Might want to set up a cone halfway between 1st and 2nd to mark this spot)

Then that group lunges out to the fence in center field and completes 15 jumping jacks

They then jog to the short stop position and complete 20 crunches

Then proceed to the left field foul pole and complete 10 more push-ups correctly

Finally the group will build up to a sprint back to home plate.

Continue this drill about 5 times and then add a time limit to push the players!

[**Agility Base Running – Base Running Drill**](http://fastpitch.tv/agility-base-running-base-running-drill)

This drill is great for conditioning, building endurance, and base running.

All runners will begin at home plate

The first runner will step in the box, take a swing and take off to first base taking the turn at first.

The runner will then shuffle, keeping her butt down like taking a fielding stance, until she reaches second.

After tagging second she will jog backwards and 3/4 of the way to third turn around and sprint to tag third, continue running, and slide into home.

The runner will then go to the end of the line and continue the drill.

[**-4,3,2,1 – Baserunning**](http://fastpitch.tv/4321-baserunning)

This drill is for both fundamental base running and conditioning! This makes for running with a purpose! It’s continuous, so it’s tough!

The entire team starts at home plate and one at a time, each athlete swings like she is really hitting from the box, then sprints down through first base, touching the front of the bag and continuing to run through the bag.

They then jog back to home plate to the end of the line and complete this four times.

They then swing like they are really hitting and sprint all the way to second base, touching the inside corner of both first and second base.

They then jog around until back to home plate in line again, a total of three times.

Then swinging once again like they are really hitting, then sprinting all the way to third base, touching the inside corner at all three bases.

Then jogging back to home plate in line again. Two times!

Then finishing with a swing like they have really just hit the ball and sprinting around all bases for a home run, touching all inside corners one time.

[**-Team Sliding – Running Drill**](http://fastpitch.tv/team-sliding-running-drill)

This drill provides fun competition while learning and gaining confidence with sliding

Divide the team into groups of four.

Each group of four should spread out and form a square (about twenty by twenty feet) marked on the field, with a “base” in each corner and a player on each base.

At the whistle, the player at home takes off for first, sliding in. When she touches the bag, the player standing there at first takes off for second.

When she slides in, the runner on second base takes off toward third.

This continues around the horn until the player who began at home gets back home again. Whichever team does this the fastest is the winner.

If you do not have enough room to have all your groups going at once, then you can use a stopwatch to see which group is the fastest.

[**-Third to Home – Running Drill**](http://fastpitch.tv/third-to-home-running-drill)

This drill will prepare any player for a game situation when a pop up is hit and the player is on base.

Runners begin on third and break from the base and take approximately 4-5 steps, running in foul territory.

At the coaches command, the runner tags at third waiting for the coach to give the next command (simulating a fly ball).

At the coaches command, the runner breaks for home with a slide-by past home plate.

The catcher may want to work on blocking home plate at this time.

Another fun addition is to actually have a coach hit fly balls to the outfield and try to beat the runner home with a throw

[**-Game – Baserunning Drill**](http://fastpitch.tv/game-baserunning-drill)

For this drill, you need a softball tee, a ball, and a bat.

You may split the team in half, and should employ one batter and two fielders (from opposing teams) at one time.

Team one has a player at first base, and one at third. Team two has a batter at home plate.

One batter, after hitting, will begin running bases. The closest fielder runs and grabs the ball, and throws it to the other.

The object of the game is to be the faster team.

For each base the batter reaches before both fielders touch the ball, team two gets one point. This drill focuses on speed, for both teams, and has great game simulation.