

Box Fielding Drill

Create a box with cones about 6 to 8 feet apart.

The fielder will begin on the back line of the box in the middle of the two cones.

A ball is rolled or hit directly at the fielder who must field and throw back to the coach or parent.

Once thrown, the fielder will slide toward one of the back cones, run towards the front cone, slide to the cone opposite, back peddle to cone behind it.

After back peddling to this cone, the fielder will run diagonal to the front cone.

While the fielder is running diagonal to the cone, the coach/parent that hit or rolled the ball at the beginning will give a slower roller.

The fielder must go around the front cone before bare handing the slower roller out in front of the box.

This drill provides practice of fielding both a hard hit or slow roller while also providing some conditioning and footwork in the process