

Hungry, Hungry Alligators

For this drill we will need to explain the proper stance for fielding a ground ball. Proper stance below:

- 1) Feet shoulder width apart
- 2) Body positioned like we are about to sit in a chair (knees bent)
- 3) Glove out in front of us, glove hand on ground, bare hand near or resting on top of the glove

Much like the game hungry, hungry hippos, the participant is an alligator.

****Please note: When looking at the glove hand on the ground and bare hand resting on top it looks like an open mouth of an alligator. When the ball rolls into the glove, the bare hand closes down on the ball to secure it in place.****

Steps for the drill:

- Start with no glove so the player can really get the feeling of the ball rolling into our hands and the bare hand closing on the ball
- Roll the ball directly to the participant at his hand on the ground. Remind the participant that his hand needs to be on the ground.
- After a few times of them securing the ball without moving, begin to have the participant move side to side.
- Incorporate a glove into the drill after a few rolls.
 - o Start stationary and then add the movement
- Each time the participant should be throwing the ball back to you