



# INFIELDERS

## DEFENDERS OF THE DIAMOND

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# INFIELD E.D.D.

Every Day Drills



# INFIELD E.D.D.

## Knee Drills - Short Hop

1 Hand Middle

2Hand Middle

▣ Forehand

▣ Backhand

▣ Quick Hands ( Deflect & Repeat)

▣ With Fungo 1 Hop

▣ Alt. GB □ Transfer {1B and DP}

▣

Repeat on Feet





# INFIELD E.D.D.

## Every Day Drills

### Glove Eye Series

No Glove → No Deflect → Glove Eye Medium to Right –

### Skate to throw Forehand Series

Short Hop → 4 lane

1 Hand Play → 1 Hand Spin Backhand Series

Footwork Ball → Pick 'n Stick → Jeter (Smother) →

### Backhand Stick

Long Hop/No Hop (Rhythm Hop Reads Drill)\* Hand Down

### Backhand Spin-Out\*

Open Hip 45 angle Forehand & Back Hand



# GLOVE EYE



- Feed: medium, to fielders right
- ❑ • Fielder notes:
  - ❑ • Work to right of baseball (speeding car theory)
  - ❑ • In rhythm, work your glove eye to the baseball using “Right, Left, Pick”
  - ❑ • Work ground up (Never under!)
  - ❑ • Angle not too flat, not too steep. Rhythm of ball dictates.
  - ❑ • “Right, Left” out of pick, take right foot to glove hand



# GLOVE EYE



- Feed: firm, to fielders right No Deflect
- Fielder notes:
  - Work to right of baseball (speeding car theory)
  - In rhythm, work your glove eye to the baseball using “Right, Left, Pick”
  - Work ground up (Never under!)
  - Angle not too flat, not too steep. Rhythm of ball dictates.
  - “Right, Left” out of pick, take right foot to glove hand

# GLOVE EYE

## With Throw



Feed: firm, to fielders

right Fielder notes:

Work to right of baseball (speeding car theory)

In rhythm, work your glove eye to the baseball using “Right, Left, Pick”

Work ground up (Never under!)

Angle not too flat, not too steep. Rhythm of ball dictates.

Deflect at midline/center in R/L Out rhythm

Rhythm: “R/L/PICK/R/L/THROW”

“Right, Left” out of pick, take right foot to glove hand.

# MEDIUM RIGHT

## Skate to Throw

Feed: medium, to fielders right Fielder notes:

Field ball w/ one hand

Field on the run, gauge speed of ball – find rhythm Pick off left

Throwing hand and glove prepare to meet, see where throwing hand is on pick

Deflect at midline/center Get feet underneath

**GOT TIME!**

Skate it out to throw





# Glove Hand

## 1 Hand Play

Feed: Firm, to fielders left 10-12 feet



Fielder notes:



Get left foot to the ball

Field ball with one hand (comfortable with that)

Throwing hand ready to meet glove at midline, center

“1, 2” rhythm out of pick: Get left hip (frontside) around to target

Deflect in rhythm with “1, 2” out of pick



# Glove Hand

## 1 Hand with Spin

Feed: Firm, to fielders left 15-20 feet



Fielder notes:



Let the ball turn glove side



Field ball with one hand (comfortable with that)



Throwing hand ready to meet glove at midline, center



Get right leg underneath as deflect



Get glove side on line to target (don't let swing too far open or cut off too closed)



# BACKHAND

## Footwork Ball

- Feed: Firm, to fielders right 10-12 feet
- Feed: Firm, to fielders right 10-12 feet
- Fielder notes:
  - Field ball w/ one hand
  - Field ball w/ one hand
  - “V-Cut” – get right foot around the ball.
  - “V-Cut” – get right foot around the ball.
  - Right foot beats ball to spot, creates angle to press back through for throw
  - Right foot beats ball to spot, creates angle to press back through for throw
  - Stiff palm pressed to the ground, left elbow and legs lead glove through pick (NOT WRIST!)
  - Stiff palm pressed to the ground, left elbow and legs lead glove through pick (NOT WRIST!)
  - Adjust pace based off gauge of hops
  - Adjust pace based off gauge of hops



# BACKHAND

## Pick 'n Stick

- Feed: Firm, to fielders right 15-20 feet
- Fielder notes:
- Pick w/ Left foot
- Field ball w/ one hand
- Right leg momentum continues then “sticks” to ground w/ Toe In!
- Right leg uses ground to press back through creating direction/momentum for throw
- Glove absorbs ball into rhythm of footwork, Glove absorbs ball into rhythm of footwork, range play!



# JETER

## Pick 'n Stick

**Feed: 1-Hop to fielders right 2-5 feet**



**Fielder notes:**



**Ball is humming!**

**You stop the ball, you get the out.**

**Get “belt buckle” or “belly button” to the baseball.**



**Get right hip around the baseball**



**Smother/absorb the baseball**

**“Body funnel” to absorb ball then skate out to throw.**

**Got time once ball is in control**







# GLOVEHAND STICK

## Open & Hip Turn 45

**Feed: Firm, to fielders left 5-8 feet**

**Fielder notes:**



**Ball is humming!**



**You stop the ball, you get the out.**



**Field ball w/ one hand**



**Let the ball dictate the turn of your entire  
gloveside**

**Drop step type of angle**

**Tough to keep glove big and open, must!**



**Based off of post-pick set up, spinout or work  
around with front side**



# BACKHAND STICK

## Open & Hip Turn 45 45

- ❑ *Feed: Firm, to fielders right 5-8 feet*

- ❑ *Fielder notes:*

- ❑ *Ball is humming!*

- ❑ *You stop the ball, you get the*

- ❑ *out. Field ball w/ one hand*

- ❑ *Let the ball dictate the turn of your entire gloveside*

- ❑ *Drop step type of angle*

“It ain’t over ’til it’s over.”

–Yogi Berra  
Berra

# PHILOSOPHY:

## FOUR PHASES

1. Pre-Pitch Routine
2. Rhythm
3. Body Posture
4. Finish the Play





PHASE ONE: PRE-PITCH ROUTINE



# PHASE ONE: PRE-PITCH ROUTINE

- ❑ **Communicate Outs, Bag Coverage, Picks, etc**
- ❑ **Take a focused breath to relax**
- ❑ **Visualize a groundball being hit to me “Positive Self-Talk”**
- ❑ **Communicate pitch signs to outfielders and adjust to**
- ❑ **pitch Break down and soft center focus on hitter**
- ❑ **Corner Infield – Squat Start, Middle Infield – Tennis**
- ❑ **Start Anticipate where pitch will go, predictive jab**
- ❑ **step EXECUTE!**



PHASE TWO: **DEVELOP RHYTHM**  
**RHYTHM** is the most important factor in separating good infielders from great ones!

# PHASE TWO: DEVELOP RHYTHM

## Right/Left into ball

- ❑ Movement “to and through the ball” Coming across the ball as we step right/left
- ❑ Ball deflected before glove crosses right of center Deflect from midline, center

## Right/Left out with the ball

- ❑ Shuffle or step inside – urgency/pace





PHASE THREE: **MAINTAIN POSTURE**

# PHASE THREE: MAINTAIN POSTURE

☐ Feet shoulder width or wider at pick

☐ Left foot slightly forward – Heel to Toe

☐ relationship Weight on balls of feet

☐ Flat Back

☐ Hands start forward (arms at 45 degrees) and stay forward (bill of cap drill)

☐ Glove position center to left of center (glove eye)

☐ Relaxed glove (soft hands) to absorb pick, even on press through

☐ pick Eyes see ball into glove, ahead of fingers

☐ Throwing arm palm down, in vicinity of glove to the top of the ball





## • PHASE FOUR: **FINISH THE PLAY**

- Most overlooked phase of teaching ground ball fundamentals

# PHASE FOUR: FINISH THE PLAY

- ☐ Most overlooked phase of teaching ground ball fundamentals

- ☐ Follow the throw

- ☐ Momentum and direction after release

- ☐ Get out over front foot

- ☐ No recoil (on ideal ground

- ☐ ball) Reacting to mishaps

- ☐

- Expect the unexpected, comfortable being uncomfortable.  
TRUST!

- ☐

- ☐ Let it RIP!

- ☐

- Trust your ability to throw, throw it through the target  
and let it rip!

“Little League baseball is a very good thing because it keeps the parents off the streets.”

–*Yogi Berra*  
*Berra*



# INFIELDERS

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