



Beginners Fielding Drills



Beginner Skill Drills for Fielding

Fielding is all about speed, accuracy, and teamwork. Here are some essential beginner drills to improve catching, throwing, and reaction times.

1. Ready Position & Reaction Drill

📌 Objective: Teach players the correct fielding stance and improve reaction speed.

✅ How to Do It: Stand with feet shoulder-width apart, knees slightly bent, and hands ready. A partner or coach randomly rolls or throws the ball. Fielders react quickly to stop, catch, or return the ball.

🎯 Focus On: Staying alert and moving quickly to field the ball.

2. Ground Ball Pick-Up

📌 Objective: Improve fielders' ability to scoop up ground balls cleanly.

✅ How to Do It: Players line up, and a coach or partner rolls balls toward them. Fielders practice bending low, using two hands to scoop the ball, and returning it quickly. Encourage soft hands and a smooth pick-up motion.

🎯 Focus On: Low body position, quick reflexes, and accurate throws.

3. Catch & Throw Relay

📌 Objective: Improve catching, throwing, and teamwork.

✅ How to Do It: Players stand in a line or a square. The first player throws the ball to the next player, who catches and quickly throws to the next. Increase speed while maintaining accuracy.

🎯 Focus On: Quick catching and accurate passing.

4. High Catch Drill

📌 Objective: Develop confidence in catching high balls.

✅ How to Do It: A coach or partner throws the ball high in the air. The fielder tracks the ball, positions themselves correctly, and catches using soft hands. Encourage proper hand positioning (fingers pointing up).

🎯 Focus On: Judging the ball's flight and making clean catches.

5. Throwing Accuracy Challenge

📌 Objective: Improve throwing precision for faster, more accurate plays.

✅ How to Do It: Set up a target (such as a hoop, bucket, or cone). Players take turns throwing from different distances, aiming to hit the target. Challenge them to make faster and more accurate throws under pressure.

🎯 Focus On: Proper throwing technique and consistency.

6. Reaction & Diving Saves

📌 Objective: Teach players to react quickly to fast-moving balls.

✅ How to Do It: A coach or partner throws balls slightly out of reach. Fielders must react quickly, dive if necessary, and return the ball to base. Start at a slow pace and gradually increase difficulty.

🎯 Focus On: Quick movements, diving techniques, and ball control.

Bonus: Team Fielding Game

📌 Objective: Apply skills in a fun, game-like scenario.

✅ How to Do It: Divide players into teams and roll/hit balls randomly into the field. Players must field the ball and return it as quickly and accurately as possible. Award points for quick, clean fielding and accurate throws.

🎯 Focus On: Team communication, positioning, and fast decision-making.

