

## ***SHORT HOP PROGRESSION FIELDING***

The short hop progression fielding drill should be broken up into two different phases. 1<sup>st</sup> phase will be on the player's knees and 2<sup>nd</sup> phase will be with the player standing up. Start by throwing the short hop to the player as you will be more accurate but you can also progress back to hitting the baseball to the player from a shorter distance to make sure you control accuracy and amount of hops.

### **Knees**

- Players throwing hand should be behind the players back.
- Butt should not be sitting on players ankles.
- Chest should be angled forward in an athletic form.
  - o Sets of 12 Each
    - Facing forward forehand
    - Turned 45 degrees backhand
    - Turned opposite 45 degrees forehand.

### **Standing**

- Players throwing hand should be behind the players back.
- Legs should be slightly bent in an athletic form.
- Stance should be fairly spread but athletic.
- Chest should be angled forward in an athletic form.
  - o Sets of 12 Each
    - Facing forward forehand
    - Turned 45 degrees backhand
    - Turned opposite 45 degrees forehand.

Teach the players to work down to up with their glove. This way they can learn to adjust that way to bad hops in the game. Players can add this in to their daily routine or pre-game routines. Helps a lot with their fielder's instincts and hand eye coordination.