

## Equipment Needed:

- Ball
- Glove
- Wall



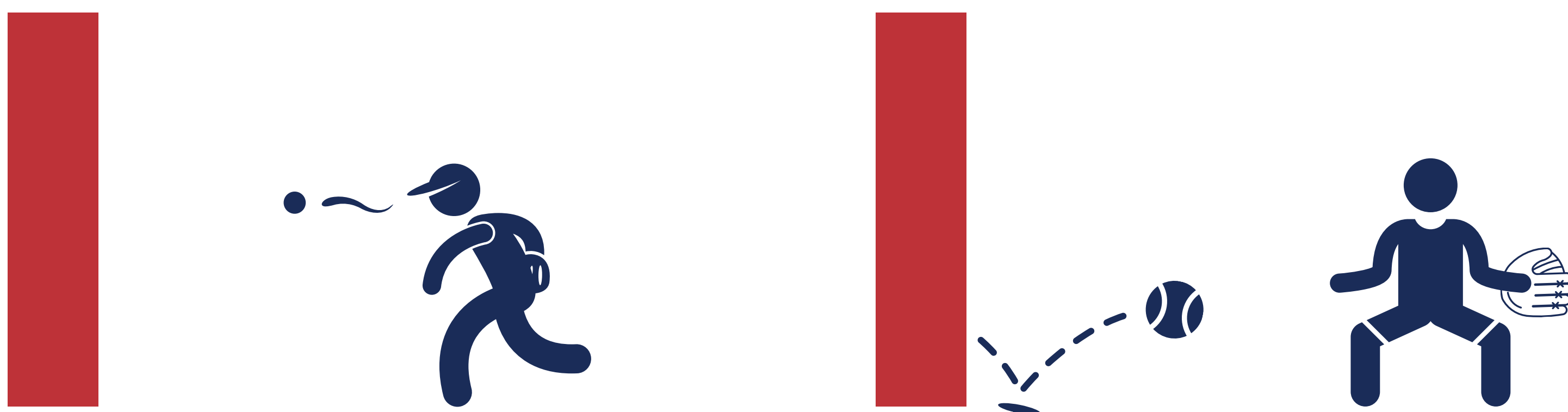
# FIELDING



## WALL BALL GROUNDERS

### Setup:

- Find a wall and stand about 10-15 feet away. Make sure the wall is safe to throw against and won't be damaged by repeated bounces
- Start in ready and athletic fielding position



### Instructions:

- Toss the ball against the wall so that it bounces back like a groundball
- Work to field the ball cleanly, transfer it back to the throwing hand, and toss it again off the wall to keep the groundball repetitions going
- Player should work to be athletic, stay low, and field the ball out in front with two hands (if possible)
- Toss the ball at various heights, speeds, and locations on the wall to up the challenge!

## FENWAY FUNDAMENTALS

This drill is a great way to practice quick reaction times and develop strong rhythm when fielding the ball. The more athletic a player can be, the better chance they have of reacting quickly and efficiently to make a play. Stay light on your feet and be ready to "pounce" as you read and react to the ball as it bounces off the wall. When you can put yourself in great positions to make a play, you'll be able to make great plays!



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