



10U

Fielding

10 Professional Drill Cards

Age-calibrated drills designed for player development at every level.
Free resource from Base9 Sports — Smarter Tools for Baseball & Softball

base9sports.com



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#01

Proper Ready Position

PLAYERS

6-15

TIME

8-10 minutes

EQUIPMENT

Gloves, no balls initially

OBJECTIVE

- Master athletic ready position for all fielders.

SETUP

- All players spread out on field with gloves.

EXECUTION

- Coach demonstrates proper ready position
- Feet shoulder-width, knees bent, weight on balls of feet
- Glove low and out front, throwing hand nearby
- Eyes up watching hitter
- Practice getting in position on every pitch
- Hold position for 10 seconds, repeat 10 times
- Add movement: shuffle left/right while maintaining position

COACHING POINTS

- Athletic position is foundation of fielding
- Knees bent, not straight-legged
- Weight forward, ready to move any direction
- Glove starts low - easier to come up than go down
- Every pitch, get in ready position
- This prevents late reactions

MAKE IT A GAME

- Position Check: Coach calls 'READY' and checks position. Perfect position = point. First to 10 wins!

#02

Ground Ball Fundamentals

PLAYERS

6-12

TIME

12-15 minutes

EQUIPMENT

Balls, gloves, bases, coach rolling ba...

OBJECTIVE

- Master basic ground ball fielding technique.

SETUP

- Players in line at shortstop. First baseman ready. Coach rolls grounders.

EXECUTION

- Coach rolls ground ball directly at player
- Player gets in front of ball
- Feet wider than shoulders, knees bent
- Glove low with fingers down
- Field ball in middle of body
- Bring ball to chest, then throw to first
- Each player 10-12 reps
- Progress from slow to moderate speed

COACHING POINTS

- Feet move to get in front of ball
- Stay low - bend knees, not waist
- Alligator hands: glove bottom jaw, hand on top
- Watch ball into glove
- Secure ball before throwing
- Fundamentals = fewer errors

MAKE IT A GAME

- Clean Play Streak: Team counts consecutive clean fields + throws. Celebrate milestones (10, 20, 30)!

#03

Basic Double Play Feeds

PLAYERS

8-12

TIME

12 minutes

EQUIPMENT

Balls, gloves, bases, coach with balls

OBJECTIVE

- Learn to feed ball to second base for double play start.

SETUP

- Shortstop and second baseman. First baseman. Coach rolls to SS position.

EXECUTION

- Coach rolls grounder to shortstop
- SS fields ball cleanly
- Makes underhand or short overhand feed to second base
- Aim for 2B's chest, on base side
- 2B catches, steps on bag (for now, no pivot/throw)
- Practice feed 10-12 times
- Then switch: roll to 2B, feed to SS
- Focus on accuracy of feed

COACHING POINTS

- Feed should be chest high and easy to catch
- Underhand toss for close plays
- Short overhand for medium distance
- Lead your teammate to the bag
- Soft toss, not hard throw
- Good feed = successful double play

MAKE IT A GAME

- Perfect Feed: Each perfect feed (chest high, catchable) = point. First position to 10 points wins!

#04

Outfield Fly Balls

PLAYERS

6-12

TIME

12-15 minutes

EQUIPMENT

Balls, gloves, fungo bat, outfield area

OBJECTIVE

- Learn to track and catch fly balls in outfield.

SETUP

- Outfielders spread across OF. Coach with fungo hitting fly balls.

EXECUTION

- Coach hits fly ball to outfielder
- OF tracks ball from bat
- Gets good read and runs to spot
- Catches ball with two hands when possible
- Make the catch, then throw to infield
- Each player 8-10 fly balls
- Mix of easy, medium, challenging flies

COACHING POINTS

- Read ball off bat - sound and trajectory
- Get to spot where ball will land
- Catch ball at highest point possible
- Two hands when you can
- Call the ball: 'I GOT IT!'
- Fly ball outs prevent runs

MAKE IT A GAME

- Catch Count: Track team total catches in 5 minutes. Try to beat previous record!

#05

Pop-Up Communication

PLAYERS

10-15

TIME

10 minutes

EQUIPMENT

Balls, gloves, fungo, full IF and OF

OBJECTIVE

- Learn to call for pop-ups to prevent collisions and drops.

SETUP

- Full defense positioned. Coach hits pop-ups between players.

EXECUTION

- Coach hits pop-up between two or more players
- Closest player calls 'I GOT IT! I GOT IT!' loudly
- Other players respond 'TAKE IT!'
- Calling player makes catch
- Practice 15-20 pop-ups between various players
- Mix locations: IF, shallow OF, between positions
- Emphasize loud, clear communication

COACHING POINTS

- LOUD and EARLY communication
- If you call it, you catch it
- If someone else calls it, back off
- No call = ball drops
- Communication prevents collisions
- This is non-negotiable for safety and success

MAKE IT A GAME

- Silent Round: Hit 10 pop-ups with NO talking allowed. Count drops. Then 10 with talking - see difference!

#06

Throwing To Bases

PLAYERS

8-12

TIME

12 minutes

EQUIPMENT

Balls, gloves, all bases, coach

OBJECTIVE

- Practice accurate throws to all bases from infield positions.

SETUP

- Players rotate through all IF positions. Player at each base.

EXECUTION

- Coach rolls grounder to each IF position
- Player fields and throws to designated base
- Third base → first base
- Shortstop → second base, then first
- Second base → first base
- First base → second base
- Each player 3-4 throws from each position
- Focus on accuracy

COACHING POINTS

- Field ball first, then throw
- Set feet toward target before throwing
- Step toward base with throw
- Aim for chest of person at base the bases = manageable throws, be accurate
- Every throw uses proper mechanics

MAKE IT A GAME

- Accuracy Challenge: Chest-high strike = 2pts. Catchable but not chest = 1pt. Offline = 0pts.
- First to 15 wins!

#07

Backing Up Plays

PLAYERS

10-15

TIME

10 minutes

EQUIPMENT

Balls, gloves, bases, full defense

OBJECTIVE

- Learn which players back up which bases on different plays.

SETUP

- Full defensive alignment. Coach creates various scenarios.

EXECUTION

- Ground ball to infield, throw to first: RF backs up first
- Ground ball to outfield: IF backs up base throw is going to
- Throw home: pitcher backs up catcher
- Practice each scenario 3-4 times
- Players run to backup positions
- Be 15-20 feet behind base in case of overthrow
- This saves extra bases and runs

COACHING POINTS

- Every play, someone backs up
- Never stand and watch
- Get behind base being thrown to
- Be deep enough to field overthrow
- Backup prevents runners from advancing
- Smart teams always back up

MAKE IT A GAME

- Backup Points: Coach randomly checks who's backing up. Correct position = point. Not backing up = no point!

#08

Charge Slow Rollers

PLAYERS

6-10

TIME

10 minutes

EQUIPMENT

Balls, gloves, bases, coach

OBJECTIVE

- Learn to aggressively charge slow ground balls.

SETUP

- Infielders at positions. Coach rolls slow grounders.

EXECUTION

- Coach rolls slow grounder (simulating slow hit)
- Infielder charges forward aggressively
- Fields ball while moving
- Gathers and throws to first
- Don't wait for ball to come to you
- Each player 8-10 charging plays
- Emphasize attacking the ball

COACHING POINTS

- Charge = attack the ball
- Field ball out in front while moving
- Keep body under control the bases means runner is coming - hurry
- Aggressive fielding gets more outs
- Don't be passive - attack!

MAKE IT A GAME

- Speed Charge: Time from ball hit to throw. Under 3 seconds = 2pts, under 4 = 1pt. Track best times!

#09

Cutoff Basics

PLAYERS

10-15

TIME

12 minutes

EQUIPMENT

Balls, gloves, full field

OBJECTIVE

- Learn cutoff positioning between outfield and bases.

SETUP

- Full defense. Coach hits to outfield.

EXECUTION

- Ball hit to outfield
- Cutoff man (SS or 2B) lines up between OF and target base
- Raises hands as target for OF
- OF throws ball to cutoff
- Cutoff catches and relays to base
- Practice throws to all bases
- Each player rotates through cutoff position

COACHING POINTS

- Line up between OF and base
- Hands up high as target
- Catch ball, turn, throw to base
- Listen for 'CUT' or 'LET IT GO'
- Cutoffs prevent extra bases
- This is team defense

MAKE IT A GAME

- Relay Race: Time from OF catch to ball at base (through cutoff). Fastest relay wins!

#10

Game Situation Fielding

PLAYERS

12-18

TIME

15 minutes

EQUIPMENT

Full field, balls, gloves, bases, runn...

OBJECTIVE

- Practice fielding with runners and knowing where to throw.

SETUP

- Full defense. Put runners on bases. Coach creates situations.

EXECUTION

- Runner on first: field and throw to second for force
- Runner on second: field and throw to first (unless at third)
- Runner on third, less than 2 outs: home plate
- Practice each scenario 3-4 times
- Discuss where to throw before play
- Make right throw based on situation
- Debrief after each play

COACHING POINTS

- Know situation before ball is hit
- Think: where will I throw?
- Get easiest out available
- Runner on 3rd < 2 outs = play at home
- Communication before pitch
- Smart defense wins games

MAKE IT A GAME

- Right Play Points: Correct throw decision = 2pts. Successful out = bonus 1pt. Wrong choice = 0pts!