



3 Fielding Drills to Start Today

Real reps from the 8th Day training floor. Print this page and put it in your bag.

Great defense is not luck. It is a routine ground ball fielded the same correct way a thousand times. These are three drills straight out of the 8th Day fielding system. Do them with a purpose and the routine play stops being in question.

DRILL 1

Center Starting Ground (CSG) Reaction Reps

15 reps per side starting from your Center Starting Ground position. Coach or partner rolls or hits a ball, you react and field to a strong Power Position every single rep. WHY IT MATTERS: You cannot field what you are not ready to field. CSG is the base everything else in our fielding system is built from.

DRILL 2

HALO Footwork Circuit

Work the HALO system around each base: 4 quadrants, 5 reps each, focused only on footwork and angle, no ball needed to start. Add the ball once the footwork is clean. WHY IT MATTERS: Make the routine play. Footwork is what turns a tough hop into a routine one, and routine plays are how you earn trust on defense.

DRILL 3

Bunt Defense Walkthrough, Runner on First

Walk through full-speed coverage for a sacrifice bunt with a runner on first: pitcher, catcher, corners, middle infield, all assignments, three reps at game speed. WHY IT MATTERS: Demand perfection on the 10 percent, the fielding, the coverage, the PFP. Games are decided by the plays nobody remembers you making right.

"Whatever you do, work at it with all your heart." — Colossians 3:23

Want the full system? The 8th Day fielding and defense material covers CSG, the HALO system, our full 8-station drill series, and complete bunt and cutoff coverages for every situation. Find our training guides at 8thdaybaseball.com/shop, or book 1-on-1 and small group training at 8thdaybaseball.com/baseball.

"Print. Press. Pray."

Youth baseball training in Loomis & Sacramento, CA | 8thdaybaseball.com Get a verse and a drill in your inbox every week. Subscribe at 8thdaybaseball.com