Dual Fungo Infield Routine. Ideal for LL, Juniors & Seniors

* The Dual Fungo (2 Coaches hitting) is an effective drill for working on fielding and throwing mechanics.
* Players around the diamond receive a high amount of repetitions in a shorter timeframe
* Other coaches are able to keep an eye on fielding, feetwork and throwing actions.

**Equipment Needed**

* 2 coaches on either side of home plate
* Either 2 players to receive thrown balls from the position players
* OR have position players roll balls off to side in a pile once fielded and ‘shaped to throw to 1st/2nd.’

**Round 1-** *Straight up Groundballs*

Coach 3B Side – Hitting groundballs alternatively to SS & 1B

Coach 1B Side – Hitting groundballs alternatively to 3B & 2B

*Tip: After hitting routine groundballs straight, you can vary the drill and hit balls to the positions left and right*


**Round 2 –** *5 – 3’s & 6 – 4’s*
Coach 3B Side – Hitting groundballs to 3B who throws to 1B.

Coach 1B Side – Hitting groundballs to SS who throws/flips to 2B covering 2B.

**Round 3** – *6-3’s & 5-4’s*

Coach 3B Side- Hitting groundballs to SS who throws to 1B.

Coach 1B Side- Hitting groundballs to 3B who throws to 2B

***Important – Make sure SS is playing “Back” when 3B is throwing across to 2B to keep them positioned away from throw.***
*Tip: Have 2B practice receiving the ball like they are going to turn a double play, however do not throw the ball.*



**Round 4-** *3-6’s (1B Play Back) & 4-6’s*

Coach 3B Side- Hitting groundballs to 1B who throws to SS covering 2B.

Coach 1B Side- Hitting groundballs to 2B who throws to SS covering 2B.

*Tip 1: Have 3rd baseman shift to SS/go to secondary position to join in on drill.*

*Tip 2: Have 1B alternate holding runners on or playing off the base.*