

## Glove Time

Glove time is a small part of practice that I try to work in a couple of times a week; it only takes about 10 minutes. What glove time is is a time for the players to get a feel for using their gloves. So many players do feel comfortable with the glove on their hand. Many times it has nothing to do with the way the fits but that any glove on that player would feel like a foreign object hanging off their hand because she has not gotten used to it. Whenever a player does not feel good with their glove it makes fielding and catching more difficult. The glove should be just an extension of the hand. When reading this it may sound like it is only for little kids but I have seen very good HS players that are not as comfortable with their gloves as they should be.

When it comes to outfielders they have to run with their glove. This is something that most players do not practice, so in a game when they have to break on a ball they are not as fast as they could be, because their glove is slowing them down. One way to get them comfortable with this is to have them run bases or do conditioning with their gloves on. In time the glove will become a part of their bodies.

Infielders have to be quick with their gloves. They have to be able to field and get rid of the ball quickly. I take practice time and let kids play Flip. This is a fun game where they pass the ball back and forth or around a circle using their gloves. They cannot catch the ball they have to leave the glove open and flip it around. This is good because it makes them use glove eye coordination. Infielders can also benefit from running with glove.

This is just two that I do to promote good glove awareness to the kids. Anything that makes kids use their glove in a different way the better.