Hold and Adjust

Age Level:	**U12 and Up**
Position:	**1B Only**

Description of Drill:

Hold runner on, adjust after pitch to the plate

Purpose of Drill:

Work on holding runner on properly. Sliding over after the pitch has been thrown by the pitcher. Adjust back to the base for a throw from catcher

# of Coaches/Players	Link to Diagram
One Coach	
Max of 4 Players	
Equipment	**Link to Video**
Area around 1B	**Hold Shift Back Catch**
	Start Video at 3:05

Time of Drill:	**10 Minutes**
# of Reps per Player:	**4 Players - 20+**

How To Run The Drill

Really focus on sliding over quickly after the pitch. Find the ball and get back to the base. Remember to Stride and Catch. Combine all drills when doing this drill.

Comments: