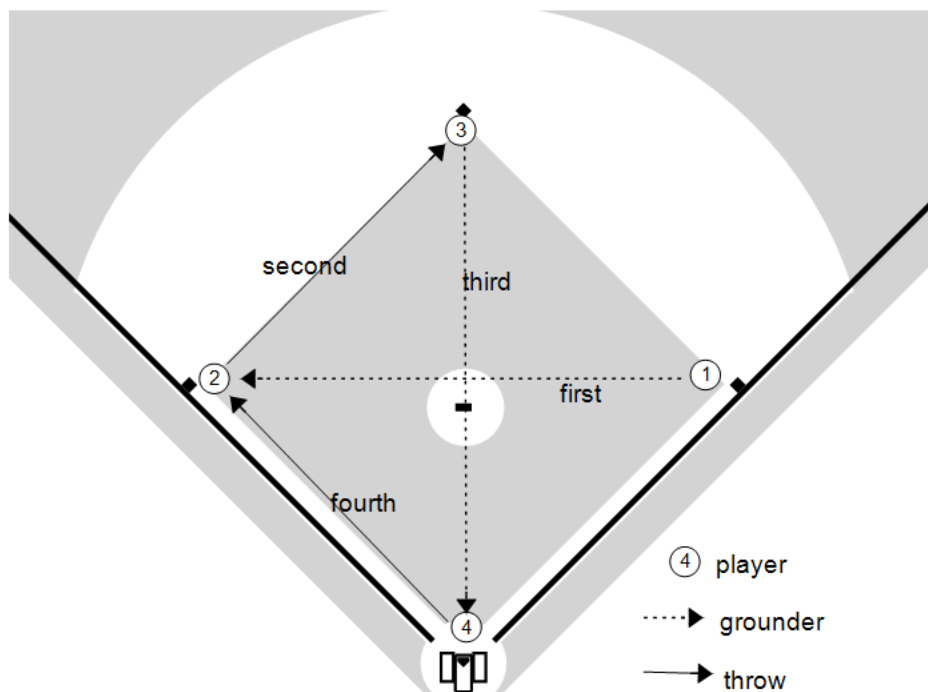


Title : Box Drill Field and Throw **Category #1 :** Skill **Category #2 :** grounders/throwing

Content elements: _____ **Components :** _____



Key Points : Always grounder across Always Throw Left Proper fielding Quick transition

Description

Objective:

- To practice fielding a grounder and throwing to a base in a continuous drill

Equipment/Setup:

- 4 throw down bases set up anywhere on the field at a distance representative of skill level

Execution:

- This is a continuous drill that, when done properly, can provide a lot of reps in a short time frame
- 1. Player 1 throws grounder ACROSS field to Player 2
- 2. Player 2 fields grounder and quickly throws to his LEFT at player 3
- 3. Player 3 catches then throws grounder ACROSS field to player 4
- 4. Player 4 fields grounder and quickly throws to his LEFT at Player 2
- 5. Player 2 catches then throws grounder ACROSS to Player 1

....If the sequence of GROUNDER ACROSS followed by THROW LEFT is followed then the drill can run continuously with every player getting equal reps.

Progression:

- Have players always field on their backhand/forehand
- Reverse the direction and have players always throw right to change the footwork