

Title : 100 Reps - Grounders

Category #1 :

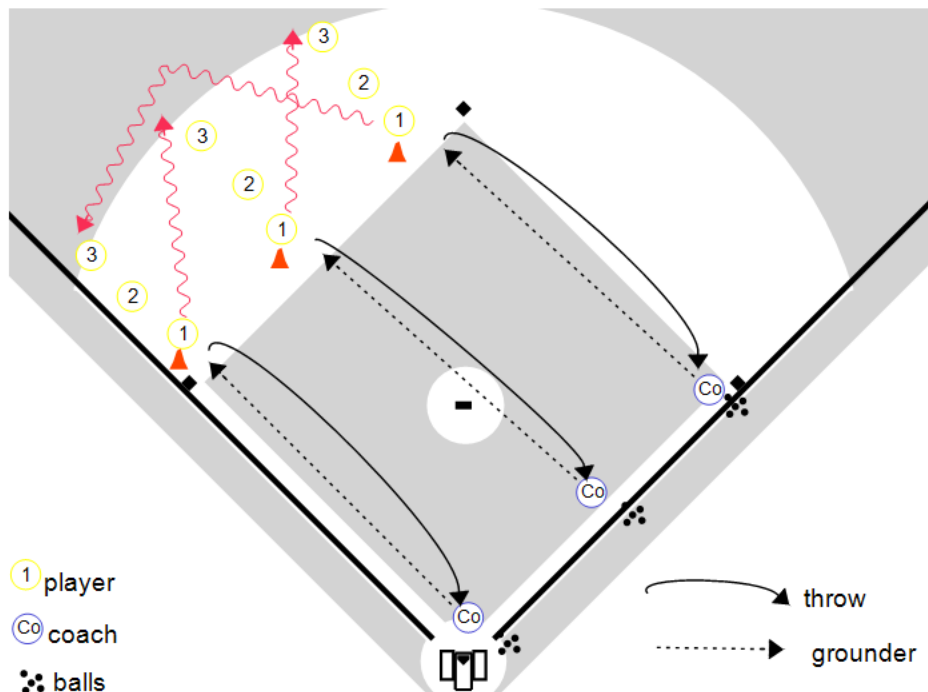
Skill

Category #2 :

Grounders

Content elements:

Components :



Key Points :

Proper footwork

Attack the ball

Field between legs

Field in front of body

Description

Objective:

- To create muscle memory by fielding 100 grounders in 1 practice

Equipment/ Setup:

- 3 or 4 cones set up 45 feet from coaches to create 3 or 4 lines
- Max 3 kids per line, 1 coach/parent per line
- 5-6 balls per coach to ensure MAX REPS...have players fetch errant throws

Execution:

- Coach rolls/hits ball to player 1. Player 1 fields, throws back to coach, joins different line
- If throw is poor and passes coach, player is responsible to retrieve ball

Progression:

- Roll ball so players have to move before fielding (sideways, forward, backwards)
- Have each line work on different skill...backhand, forehand, charge slow roller
- Introduce competition...1 point for perfect grounder / line vs line competition (1st line to 10)

***Fundamentals of fielding a grounder should be taught beforehand. Correct major errors, but dont overcoach...this drill is all about MAX REPS