

Title : Box Drill Double Plays

Category #1 :

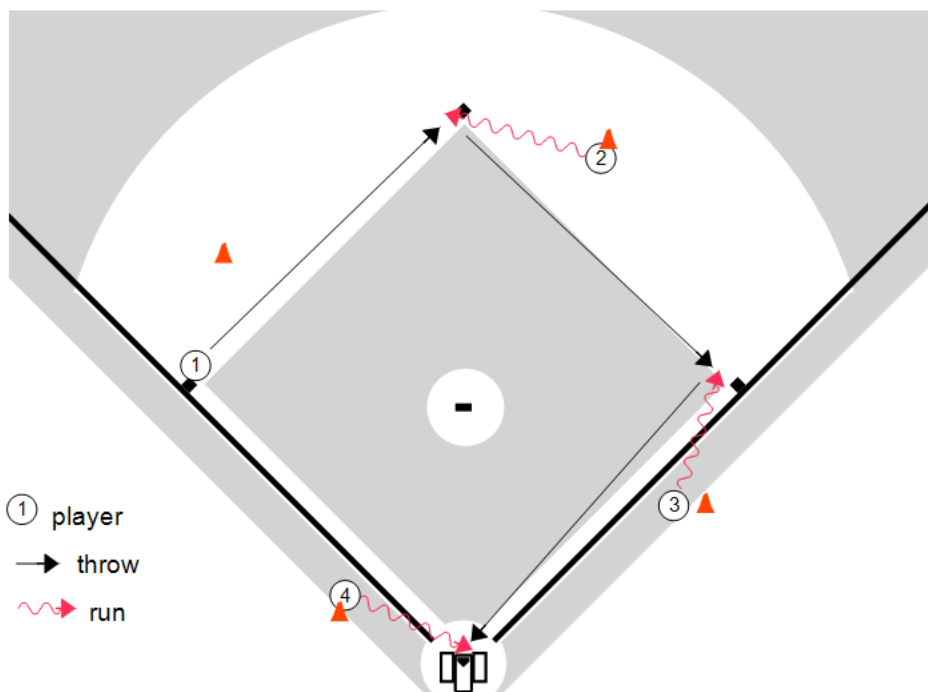
Skill

Category #2 :

DP

Content elements:

Components :



Key Points :

Time the DP

LEFT foot on base

Clear the base

Quick Catch&Release

Description

Objective:

- Using the box drill to simulate turning a double play by focusing on the throw and the catch&release

Equipment/Setup:

- 4 throw down bases set up anywhere on the field
- 4 cones set up in the starting position of a 2B or SS

Execution:

- Player 1 starts the drill. Player 2 waits at his cone. This simulates a SS to 2B to 1B double play
- Player 1 throws to the base while Player 2 times his run to be at the base at the same time as the ball
- Player 2 catches the ball with his LEFT foot on the base, CLEARS the base and throws towards the base near player 3
- Player 3 repeats the process and throws to the base near Player 4. Repeat the process around all bases

***Players should be taught to Clear the Base both towards the thrower (SS side) and away from the thrower (2B side)