

Drill #1 Break and Throw (no ball)

10-15 minutes

- + Knees bent, Butt out, Waist bent , Power position
- + Glove pointing backward ...taking picture from behind
- + Fingers on top of the ball
- + Glove to the heart aggressively to provide throwing leveredge
- + Hip Roll
- + Leg kicks around

COMMANDS: Together Break.....Throw

Drill #2 Break and Throw (with ball)

10-15 minutes

- + Receivers catch ball with both hands
- + Stop the ball with you glove Don't Catch it....Get the ball out quickly
- + Expect a bad throw.....Stay flexed like a tennis player
- + Catch the ball out front and show the ball to Coach
- + Move feet to the ball
- + Catch the ball with knees bent, Butt out

COMMANDS: Together Break.....Throw

Drill #3 Ready.....Throw

10-15 minutes

- + Same as drill #2 only more separation
- + Coaches call out the commands to throw

COMMANDS: Ready.....Throw

Drill #4 Back Em Up

Combines throwing and long toss

- + Combines drills 1,2 ,3
- + Drill focus is on ACCURACY
- + Players catching ball must establish pivot
- + Keep feet on imaginary base
- + You can jump to catch the ball
- + Separate players 3 steps after each round. One line moves back only
- + Crow hop allowed for long distances
- + One bounce to the receiver is allowed

Drill #5 Bucket Toss

- + Bucket placed on it's side at home plate
- + Toss short fly ball to players in centerfield
- + Good throwing techniques emphasized
- + Throw at cut off man height to the bucket
- + Good hip rolls

Drill #6 Game Winning Throw

Outfielders and Infielders work together

- + OF picks up ground ball aggressively (side scoop)
- + OF throws to cutoff at chest height
- + Cut off man catches at chest height on glove side, good foot work and good throwing technique
- + Cut off man throws Home