

Drill #7 Pre Rapid Fire

Emphasizes footwork and agility

- + One player at a time
- + Start slow, coach throws the ball
- + Players catch the ball with hands out front, stepping to the ball
- + Knees bent, like a tennis player
- + Stress throwing fundamentals

Drill #8 Rapid Fire

High Energy drill

Same as drill#7 only at FULL SPEED

- + Players must keep feet moving
- + LOOSE, RELAX, use both feet to move to the ball when catching
- + Stay Low
- + Run into and out of the drill
- + QUICK FEET
- + Catch with two hands out front. Trap the ball with your glove as a cushion

Drill #9 Coaches Feed Drill

10-15 minutes

1 group at 1B, 1 group at 2B

- + Coach throws ball from SS position to players straddling 2B Players facing SS
- + Players receives ball and QUICKLY throws ball to 1B
- + Emphasize staying low and good throwing techniques HIP Roll
- + 1B places ball into bucket
- + When buckets empty rotate groups and buckets

Drill #10 4 Corners

- + Throw Home to 3B to 2B to 1B to Home
- + Expect bad throw at all times
- + Catch in center of body
- + Use feet to get into position – Quick Feet

Drill #11 4 Corners in Reverse

4 corners in reverse directions

- + Throw Home to 1B to 2B to 3B to Home
- + RH's must changes places with their feet on the throws—**SWITCH JUMP**
- + QUICK with the FEET

Drill #12 Circle Drill

Good drill to end practice on

Drill emphasizes good ground ball fielding position/fundamentals

- + Players get in a tight circle
- + Feet to feet
- + Use a rag ball or tennis ball
- + Emphasize Butt down, Hands out front, Heads up
- + Try to knock ball threw the circle, keeping ball on the ground