

Throwing Accuracy:

This is a good drill to start defensive practice after warm-up. It focuses on throwing accuracy and defence.

Start this drill with 4 balls allowing for 4 overthrows. If the 4th ball is overthrown the entire team will take a lap around the field (jogging) and the drill will start over. This will put pressure on each player to make good throws just like in a game. It also helps with team chemistry.

Setup a player at 1st base with a 2nd player as a backup. Setup a catcher at home. All other players are at 3rd base with one player playing 3rd base and everyone else in line outside the foul line.

Coach is at home plate with the 4 balls and a bat.

Coach hits grounder to 3rd baseman who fields the ball; makes an accurate throw; follows the throw and becomes backup at 1st base.

Player playing first base after catching ball makes accurate throw home to catcher; then follows the throw to become catcher; catcher tosses ball to coach (catcher then goes to end of line at 3rd base) who hits to next player in line at 3rd base.

After entire team completes fielding & throwing to from 3rd base; move to shortstop; then to 2nd base.