

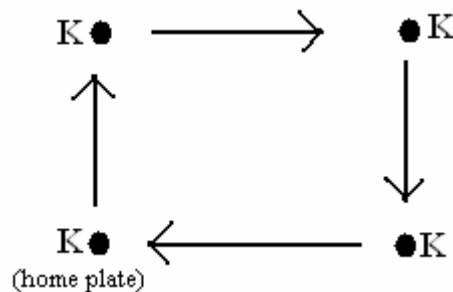
BRUCEBALL TRAINING DRILLS

NAME: 4- Corners

PURPOSE: To train the moving of the baseball (catch and throw) quickly, clearly, and accurately.

NOTE: This drill can be performed with field cones or on an infield with bases.
(C= Coach, K= Kid)

DESCRIPTION:



Start baseball at home plate K starts ball to left or clockwise K (catch, turn throw) C- reinforce. C may call out reverse at any point to teach reaction.

NOTE: In addition to line drive throws C may include:

- One hop, tag turn throw
- Run downs (K - places ball in throw hand and runs toward receiving K, receiving K yells ball, catch, tag, turn and go (repeat)
- Fly ball reaction.....start ball at home plate. Receiving k stands (head down, hands at side) throwing K throws high fly ball and yells ball at release. Receiving k snaps head and hands up finds and catches. Turn (repeat)