

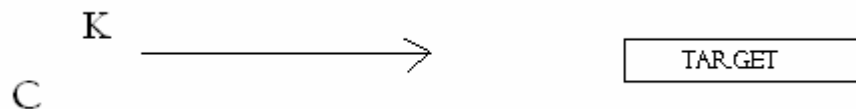
## BRUCEBALL TRAINING DRILLS

**NAME:** Line Throwing

**PURPOSE:** To train proper direction for accurate throwing.

**NOTE:** This drill can be performed by making a straight line in clay infield to a designated target. (C= Coach, K= Kid )

### DESCRIPTION:



C stands next to K and feeds ball (one at a time) to K. K places ball in throwing hand with proper 4-seam grip. K hands together just below chin, place power step toe on line (tune, separate to cobra) step with stride toe on line and throw to target.

**NOTE:** train K to keep nose on target until ball hits target (this will complete process and execution of proper direction).