

BRUCEBALL TRAINING DRILLS

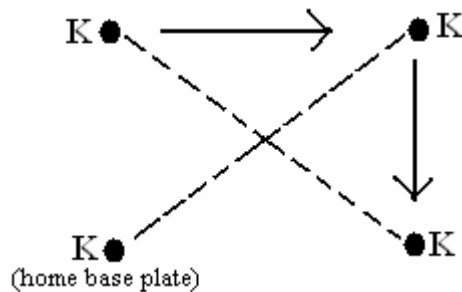
NAME: Roll across/ Field and Throw to Left

PURPOSE: To train and reinforce PFP/ getting around ground ball on the move.

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

DESCRIPTION:

C- sets up 4 cones or uses infield with bases in box formation.



Start baseball at home base cone. K rolls ball diagonally across box, K moves feet and fields ground ball in PFP, (cover, funnel, transfer, separate to cobra) step and throw left
Continue pattern (roll across/throw left).

NOTE: Challenge your players with 2 or 3 different boxes and groups, competition or use stop watch. To complete 1- full box (sequence) the ball will be thrown to and caught by home plate K.