

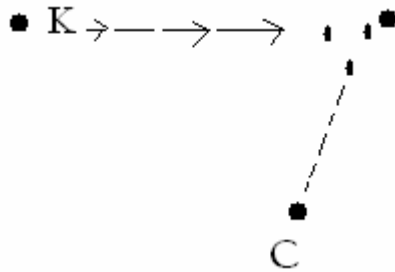
BRUCEBALL TRAINING DRILLS

NAME: Cross over/ move to PFP (Perfect Fielding Position)

PURPOSE: Train getting to spot, moving and ranging to ground ball.

NOTE: This drill can be performed with bare hands or glove and cover hand.
Use underhand flip or catch, turn cobra, throw. (C= Coach, K= Kid)

DESCRIPTION:



K starts at cone in athletic position. C rolls ball (medium pace) from cone to cone. K crosses over (working on 1st step explosion and gaining ground) attacks to spot and PFP, fields, covers transfers, separates and makes controlled and accurate flip or throw back to C. (repeat 10 times)

NOTE: K's shoulders should not ever get higher than athletic, ready position. (don't go up to go over).