

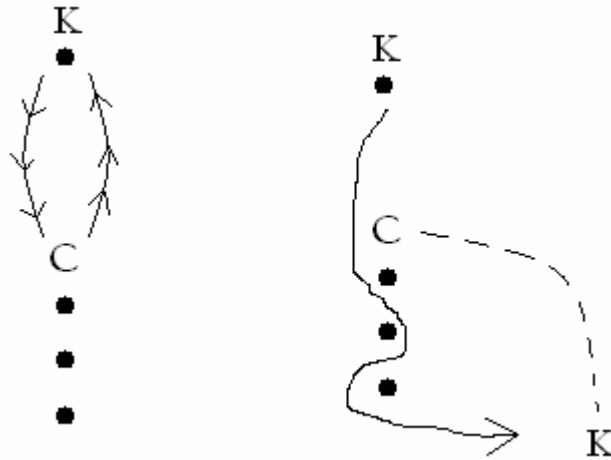
## BRUCEBALL TRAINING DRILLS

**NAME:** Quick Feet and Go

**PURPOSE:** To train Proper Catch/Turn Cobra/ Throw Technique

**NOTE:** This drill can be performed with bare hands (tennis balls) or Glove (baseballs) (C= Coach, K= Kid)

### DESCRIPTION:



In athletic position, receiving K stands (hands extended in middle of chest, thumbs together) C throws ball to K, K (catch, turn cobra feet should be lined up to C, throw back to C) Repeat 3-5 times. After last repetition K sprints through cones and goes out for catch on the run and goes to back of line to next station.

**SUGGESTION:** use field cones to set up station.