

BRUCEBALL TRAINING DRILLS

NAME: Tip of Triangle

PURPOSE: To train Perfect Fielding position (extended hands and cover hand)

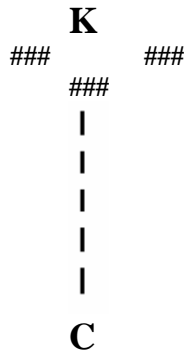
NOTE: This drill can also be performed on knees (C= Coach, K= Kid)

DESCRIPTION:

K stands in athletic position, feet spread apart (approx. the length of K's bat) with flexed knees and locked lower back, chest out and hands extended away from body, forming a perfect triangle from feet to hands. Glove on ground and cover hand in place (cover hand should be palm to ball and fingers to sky or alligator hands)

C stands 10 feet in front of K and rolls ball to tip of triangle K covers ball, funnel hands to chest, transfers ball to throwing hand (proper 4-seam grip) and separates to Cobra throwing position (box glove side/cobra throwing arm).

DIAGRAM



SUGGESTION: Use field cones to form triangle (glove and cover in front of front cone).