Throwing Drills

### **Knocking the Ball-Fielding and Throwing Accuracy**

*Equipment: Batting Tee, 2 Balls, Bat*

1. Set up a batting tee. Place the ball on the tee.
2. Have fielders line up a fair distance in front of the tee.
3. Have the coach bat ground ball towards the first player in line.
4. Player must field the ball and attempt to throw and knock over the ball on the tee.
5. After, they will go and stand behind the tee to field any missed ball and return to the coach.

Watch for:

* Proper fielding technique
* Proper throwing (no side-arm, point step throw)

Mix it up:

* Have players do a conditioning drill when they are waiting in line (ex: ladders, jumping jacks, burpees).
* Have players hit ground balls to other players (off a tee or side toss).

### **4 Corners Drill**

*Equipment: softball, infield with bases/cones*

1. Have the players line up behind a base/home (should be divided equally)
2. Player at 3rd base will throw the ball to 1st, then run to the end of the first base line
3. Player at 1st will throw the ball home, then run to the end of the home line
4. Player at home will throw the ball to 2nd, then run to the end of the 2nd line
5. Player at 2nd will throw the ball to 3rd, then run to the end of the 3rd line
6. Repeat

Watch for:

* Accurate throws (crow hop if necessary)

Mix it up:

* Competition
  + Common goal to reach ‘x’ amount of full cycles without dropping the ball
  + If you drop the ball/throw it poorly, you have to run a lap of the infield before returning to your line up

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### **Relay Drill-Simulated throw in from outfield**

*Equipment: 3 cones, softball*

1. Set up 3 cones throwing distance apart.
2. Have a player standing at each cone (extra players line up behind first cone)
3. Player at first cone must make throw to player at second cone, then run to second cone
4. Player at second cone will catch the ball (sideways stance to create a fast transfer), then throw to third cone and run to 3rd cone
5. Player at 3rd cone will throw to the player at the first cone, then run to the first cone
6. Repeat

Goal:

* Simulate a throw to the cut off player and throw from centre field to home
* Encourage players to call for the ball

Variations:

* Have the second cone be ‘flip’ distance from the first to practice the underhand toss
* Have the cones be far away to practice crow hop
* Set up 2 stations and make a competition between 2 teams