

Double Play Drill

5 Points -
Catch, Throw, Catch, Throw, Catch

Requirements:

Four Coaches -

1. 3rd Base Fungo
2. 1st Base Fungo
3. 2B Instructing Turn
4. 1B Instructing 1B
5. Four cones/markers for second group at each base

Process:

Hit or roll alternating ground balls to all fielders.

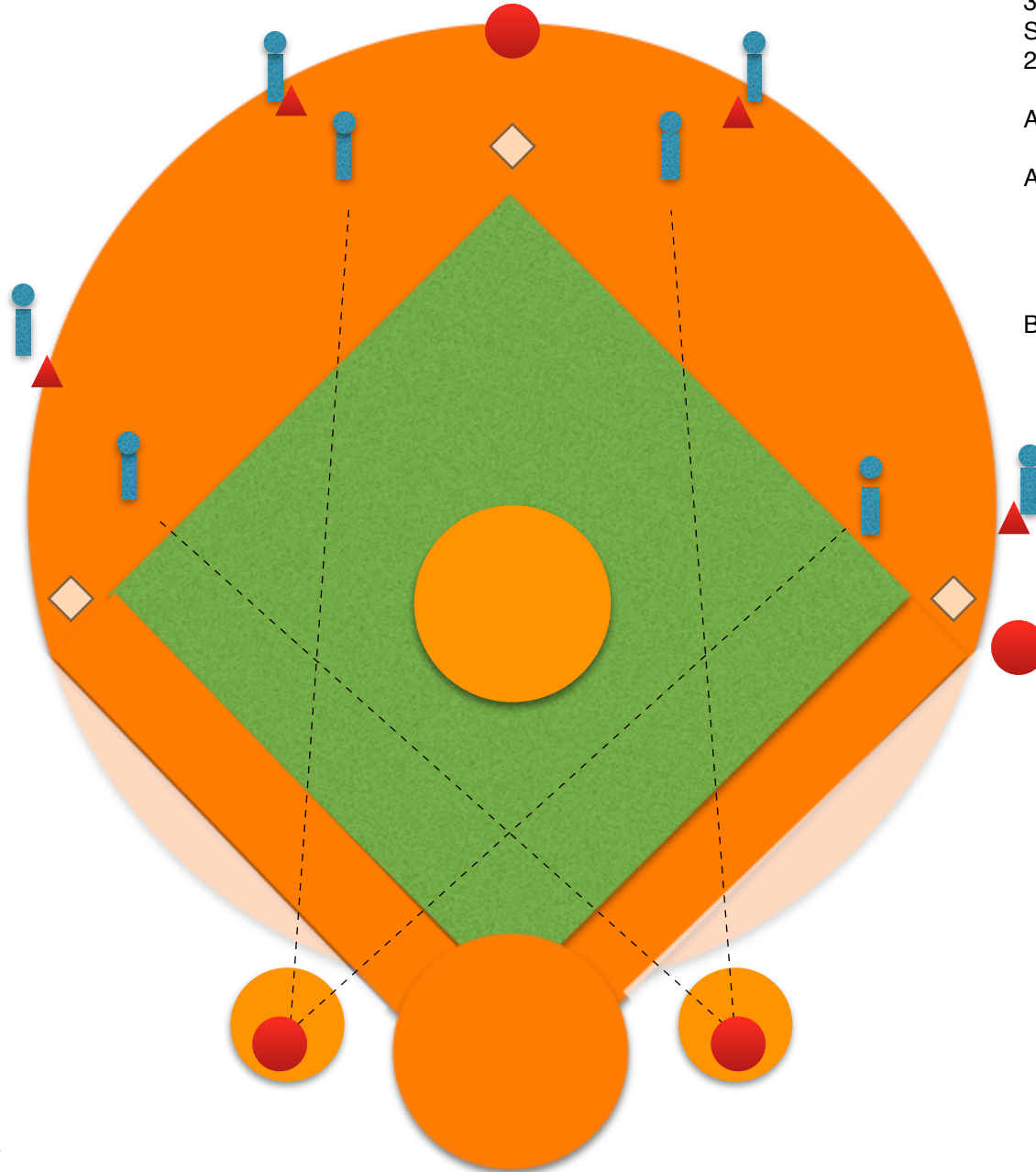
- 1st Play is at 2B (except for 1B, 1st Play is 3-U, then throw to 2B all yell "Tag Him!")
- Touch 2B with foot
- Continue on to 1st

Keys:

1. 2B & SS Covering the Bag ASAP get square to Feed
2. "Make Sure of One at 2B"
3. Footwork/Turn/Throw to 1B
4. Footwork/Stretch at 1B

Focus on:

- Player squares his body towards the Feeder to receive the throw/flip
- Player using "Fingers Up / Thumbs Together" chest high to receive throw.
- SS touches the CF corner of the bag with his right foot/throws to 1B as the left foot hits the ground
- 2B touches the CF Corner of the bag with his left foot, step towards the ball with the right (foot and catch at the same time) step with left foot & knee towards 1B and throw



Switch players after 6 "touches"

1B to 3B

3B to SS

SS to 2B

2B to 1B

Alternate Simultaneous Drill

A. One Player in the Cage with one Coach and One Player hitting off the Tee with one Coach

B. One Player running from 1st (will need two in order to alternate.) HELMETS and MUST SLIDE

1. Work on Secondary lead
2. Sliding into the bag
 - a. Figure 4 or "Straight Leg"
 - b. Thumb inside fingers, loose near center of chest