



Defense Drill# 2: Double Drill

First set of pylons: sprinting (players will run with glove on)

Second set of pylons: Fielding ground/pop/bunt

Two players at 'X' 1st one will throw out the ground ball, pop fly, bunt then charge to running station get in line...switch with person behind repeat until all players have run through TWICE. Then repeat drill

Key Points:

Good running mechanics...chin to chest, arms pumping, knees driving, angled, good push off

Fielding - good mechanics, quick transfer, throwing side receive, side toss on bunt

