

# INFIELD STATION



## Defensive Drill #5

**Take two - field and throw to base** **Mechanics:** fielding, pivoting to throw, hard throw/soft throw

Hit to player twice - field and throw to base

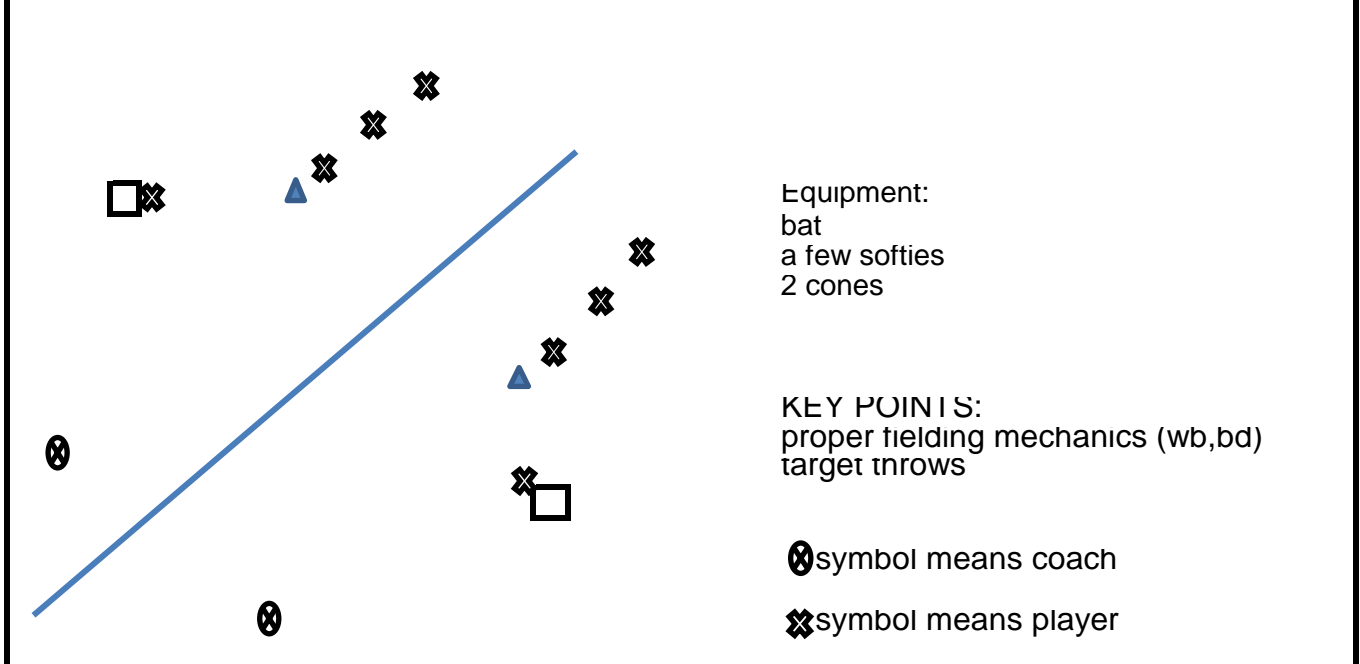
Rotate group through - switch fielder with player on base, player on base end of line

Have players go through twice then switch sides

IF TIME PERMITS:

You can switch them up - and go through again with the same throwing pattern

this will give them the opportunity to work both sides of the soft/hard throw mechanic



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