

Defensive Drill #8

Drill: It's about the Angles

Equipment Needed: Balls, Gloves, Bat & Gloves for coaches

Skill: Fielding, Communication- Progression Ground Ball Mechanics

Level of Skill Development: Consolidation

Objectives: 1) Working through the ball (Correct footwork & Angles-) on Forehands, Backhands & Short Hops. Ball & feet never stop moving from receiving to transfer of throw (Throwing hand follows ball into glove) 2) Correct Ready Position 3) This is a fast-paced drill, great for agility and conditioning, athletes will get numerous reps in a short period of time 4) Communication for the ball

Teaching Points:

1) Ensure that the Athletes eyes working behind the softball & head is not coming upon Forehands, Backhands & Short Hops.

2) Make sure athletes are in an athletic position (Bum down, weight on balls of feet) & correct ready position.

3) Foot work is quick and efficient, Glove foot ahead of throwing foot.

*****Teaching cues:* Forehand: "Foot then Glove", Backhand: "Pivot on hard hit - Sweep on Slow rollers", Good Hops "Timing the ball on the down". Communication on the ball: Ensure using "I Go"

Explanation: Athletes break out into 3 groups of 4. **Ensure that players are maintaining 6ft social distance - can use cones or markers to ensure**

Round #1 (6 Minutes) Athletes will take ground balls thrown (Slow paced balls) by coach in this round. Athletes will alternate after each ground ball:

1) Receiving a slow roller Forehand x5 & Underhand toss back to coach

2) Good Hops - Right at Athlete x 5 & Throwback to Coach

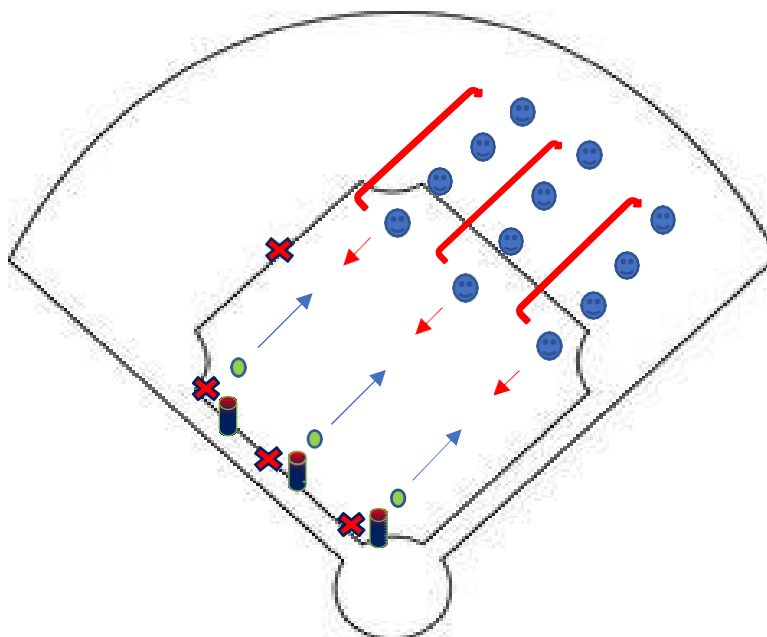
3) Lateral Ground ball Forehand x 5 & Throwback to coach (Forward angle)

4) Lateral Ground ball Back hand x 5 & Throwback to coach (Forward angle)

5) Drop Step Ground ball Forehand x 5 & Throwback to coach (Back angle)

6) Drop Step Ground ball Forehand x 5 & Throwback to coach (Back angle)

Round #2 (6 Minutes) Athletes will take ground balls hit (Fast paced balls) by coach in this round. Athletes will alternate after each ground ball following the same sequence as above.



Drill by: Sally Smith

*** 2 Min H2O Break & Sanitation Break for coaches to sanitize equipment used