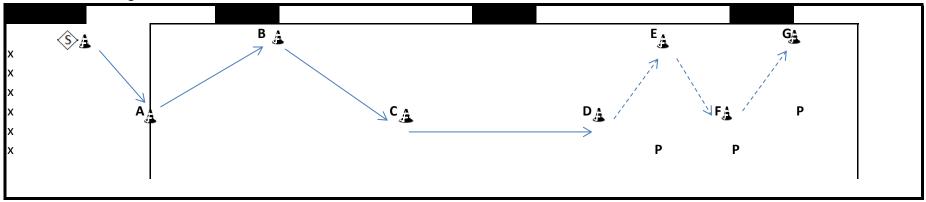
## Defensive Drill # 4



## Foot work to fielding



## Foot work to fielding

Two teams: 1 team will run drill the other will do it...switch up when all through

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

 $forward\ sprint\ to\ A,\ drop\ shoulder/step\ to\ B,\ sprint,\ to\ C\ side\ shuffle\ to\ D\ field\ bunt,\ drop\ step/field\ ball\ at\ E,$ 

sprint to F field bunt, drop step sprint to G field ball  $\,$ 

Return fielded ball to same person who tossed it out to you!

End - Once everyone through switch teams up and repeat

**Key Points:** 

Foot work on drops and good running on sprints

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