

# OUTFIELD STATION



## Defensive Drill #6

### Outfield Relay

**Equipment:** 2 softies, 2 cones

#### 1st relay drill

2 lines with 4 players in each line spaced about 10' apart

Place softie on top of the cone in front of the coach

1st person from each line on 'go' runs to get the ball off the cone and relays down line

the ball is to go down the line and back in order (2nd, 3rd & 4th, 4th, 3rd, 2nd to 1st)

Return to coach

#### 2nd relay drill will be as follows:

Place softie on top of the cone in front of the coach

1st player in line on 'go' gets the ball and throws to the 3rd person, she then throws to 2nd person

who then throws to 4th person who then throws back to 2nd person who then throws to 3rd person

who then throws back to 1st person who returns to coach



**KEY POINTS:** receiving almost sideways with glove foot behind (to make proper pivot)  
big target from receivers and communication

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