



Offensive Drill # #9

Modifications for 2020: all players 6' apart at all times.

**DRILL: FIELDING EVERYDAYS**

Time: 15 minutes

Equipment: Balls

Objective(s) of Drill:

0 To teach the fielding technique for various types of ground balls

0 To reinforce good throwing mechanics and pivot footwork

Drill Description:

0 Divide players into 3 groups of 4 with 1 coach per group

0 Coach throws different types of ground balls to players, who fields ball and throws back to coach:

- Stationary- directly at player
- Shuffle step (right or left)
- Cross-over step (right or left)
- Slow roller (charge and set to throw)

0 After fielding, player goes to end of

0 line.

Key Teaching Points:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

