

Box - Under Hand	
Age Level:	All Levels
Position:	All Positions
Description of Drill:	
Working on an underhand throw to a base	
Purpose of Drill:	
<p>This drill will really focus on the underhand throw/toss. Used mostly from 2B to SS for a DP or get the lead runner. Also used from SS to 2B when they are close together. P's will use it throwing to 1B some, as well as 1B to P covering base. 2B to 1B also could use this if we are tight together.</p>	
# of Coaches/Players	Link to Diagram
One Coach	<a href="#">Underhand Drill</a>
All Players	
Equipment	Link to Video
IF Area	<a href="#">Under Hand Toss</a>
	start video at 1:30
Time of Drill:	3 to 5 Minutes
# of Reps per Player:	10+
How To Run The Drill	
<p>Kids need to be in a square. They should be about 15/20 ft apart. Older kids farther apart. Work on making a nice strong underhand toss. Catch ball out front, momentum towards target, follow through. Don't cheat, stay in position. Follow your throw to the back of the line you threw to. Arm stays straight, swing it towards the target.</p>	
Comments:	
<p>You could start with this drill and two other after it (Box Drill Flip and 4 Corners). These three drills could be used almost every practice. Good way to get blood flowing.</p>	