

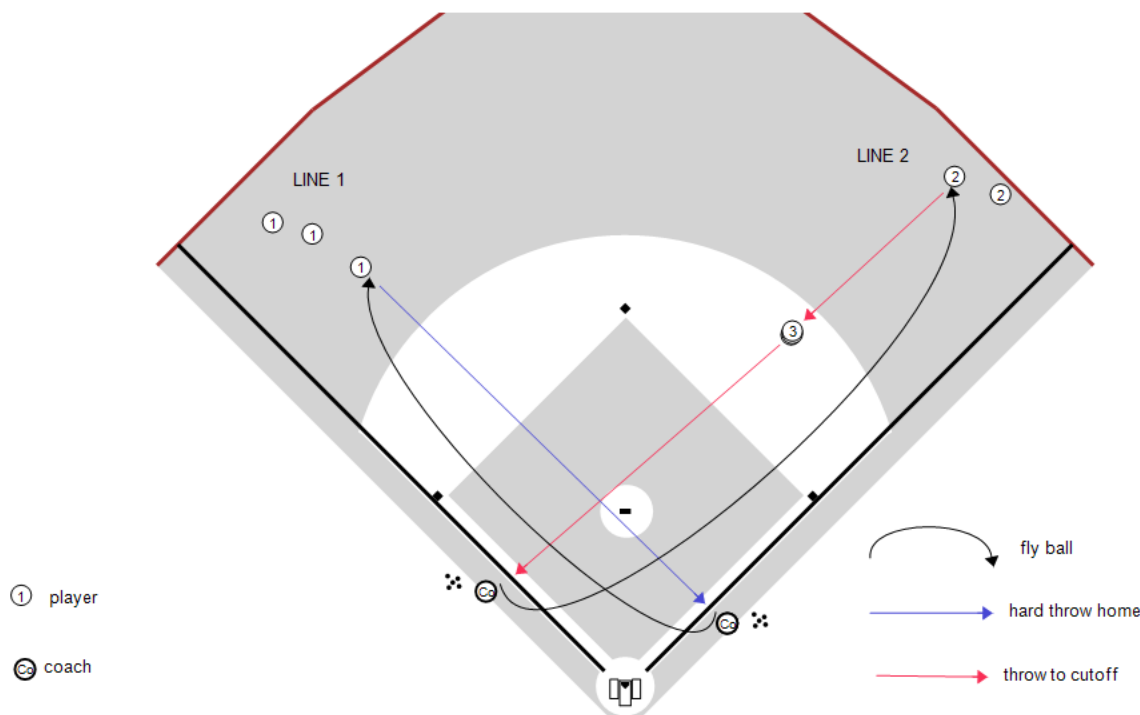
Title : Play at the Plate

Category #1 : Skills

Category #2 : Fly Ball

Content elements:

Components :



Key Points :

Beat the ball

Move in to catch

Call MINE & CUTOFF

Line drive throws

Description

Objective:

- To come in on a fly ball and quickly get the ball in to the infield (either throw home or cutoff)

Equipment/Setup:

- 2 coaches to hit/throw fly balls (extra parent helpers can throw from a closer distance if necessary)
- Max 3 kids per line

Execution:

- Line 1 - Coach hits/throws fly ball to player 1.
 - Player 1 beats the ball to the spot, calls MINE, catches with forward movement and throws home
 - Line 2 - Coach hits/throws fly ball to player 2...player 2 catches (as above)
 - Player 3 gives target (hands up) and screams CUTOFF...player 2 throws to player 3
 - Player 3 catches, turns to glove side and throws home
 - Player 2 becomes cutoff, player 3 moves to back of line
- Players switch lines after 3-5 mins

The purpose of this drill is to work on catching a fly ball with forward momentum PLUS to get the ball in to the infield as quick as possible.

Coaches emphasize communication (MINE and CUTOFF)

Coaches STRESS getting ball into the infield as quick as possible with a line drive throw...NO RAINBOWS