

Infield Throwing Sequences

(From Pat McQuaid at Nova High School in Davies, Florida; they had only three throwing errors in a 31-1 season = ranked #1 high school team in the nation in 2005. They do this every day . . .)

Sequence #1: Catcher throws to 3B, 3B to 2B, 2B to 1B, 1B to C, C to SS covering 2B bag, SS to 3B, 3B to C.

Sequence #2: Catcher throws to 1B, 1B to SS covering 2B bag, SS to 3B, 3B to C, C to 2B covering 2B bag, 2B to 1B, 1B to C.

Sequence #3: Catcher throws to 2B covering 2B bag, 2B to 1B, 1B to C, C to SS covering 2B bag, SS to 3B, 3B to C, C to 2B at bag. 2B to 3B, 3B to C.

Sequence #4: Catcher to SS who cuts off throws to 2B and throws back home, C to 3B, 3B to 2B, 2B to 1B, 1B to C, C to 2B who cuts off throw in front of bag and fires ball to 3B. 3B to C.

Sequence #5: Catcher to 3B, 3B to 1B, 1B to SS, SS to C, C to 1B, 1B to 3B, 3B to 2B, 2B to C.