

Title : Basic Grounders

Category #1 :

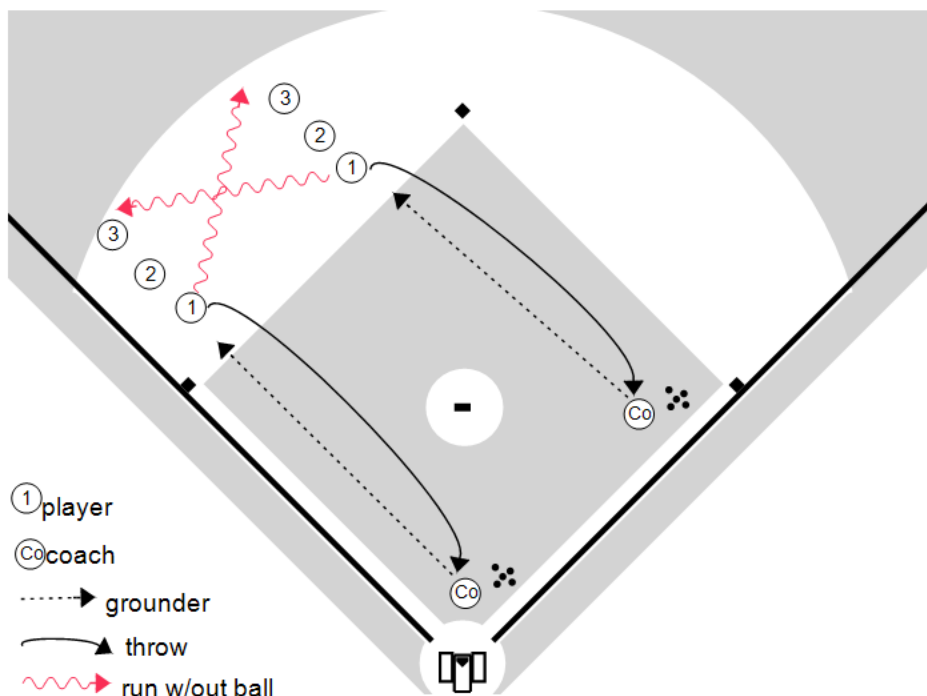
Skills

Category #2 :

Grounders

Content elements:

Components :



Key Points :

R-L Down

Field Infront

2 hands (alligator)

Power T to throw

Description

Objective:

- This is a fundamental grounder drill which should be done frequently. Progressions can be added

Equipment/Setup;

- 1 coach per 3 players...max 3 kids per line
- 3 or 4 balls per coach (make players retrieve poor throws to ensure max reps)

Execution:

- Coach rolls ball to player 1.
- Player 1 fields properly, quickly transitions to a Power T, throws back to the coach. Switch lines

Progression:

- Roll ball side to side making players move while still fielding between their feet in proper position
- Have players stationary but roll wide to work on back hand / forehand fielding
- Have a competition between lines (first to field 10 wins...)