

FACE-TO-FACE DRILL

PURPOSE

To develop the basic mechanics for fielding a ground ball and following it with an accurate throw

EQUIPMENT

One baseball, gloves

TIME

2 to 4 minutes

PROCEDURE

1. Divide the team into two groups.
2. Line up each group in single-file lines 20 to 30 feet apart, facing each other.
3. The first person in one line throws a grounder to the first person in the other line.
4. After throwing the grounder, the player goes to the end of the line.
5. The person who catches the ball throws a grounder back to the first person in the other line.

KEY POINTS

This is an excellent, fast-paced drill for practicing in an enclosed space.

1. Players should start in the ready position. When in the ready position, players' legs are spread out at shoulder width, their knees are slightly bent, and both hands hang loosely between the knees without touching them. Players should also lean forward a little because it puts weight on the balls of their feet so they are ready to react to any situation.
2. Players should keep their heads down and watch the ball go into their gloves.
3. Each player should step and follow through when throwing a ground ball to the other line.

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Variation

Award points for the fewest poor throws. In this situation, teams take turns throwing grounders to the opposing team.

