

FIRST-BASE OVERTHROW

PURPOSE

To practice the procedure for an overthrown ball at first base

EQUIPMENT

A baseball, batting helmet, gloves

TIME

6 to 10 minutes

PROCEDURE

1. Position players at every infield position. They should be in the ready position.
2. Put a base runner at first base.
3. The coach has already placed a baseball, without the fielders knowing where, in foul territory behind first base to simulate an overthrown ball.
4. On the "go" command, the base runner takes off for second base.
5. The first baseman finds the ball, then throws it to the infielder covering second base.

KEY POINTS

This effective team drill teaches players what to do after mishandling the ball.

1. The first baseman must first locate the baseball.
2. The shortstop should cover second base.
3. The second baseman should stay out of the way of the throw. He should direct the first baseman if the first baseman has trouble locating the ball.
4. The first baseman must throw accurately to second to keep from making another overthrow.
5. In this drill, the runner should slide. The shortstop must adjust to the throw to properly tag the sliding runner.
6. The left fielder should back up the infielders at the angle of the incoming ball in case of another overthrow.

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