

LEAD DRILL

PURPOSE

To develop the ability to catch while on the run

EQUIPMENT

A bucket of baseballs, gloves, an empty bucket

TIME

6 to 8 minutes

PROCEDURE

1. The players line up in a single-file line.
2. The coach, with a bucket of baseballs, stands beside the first player.
3. On the "go" command, the player runs away from the coach, looking over his shoulder at the coach.
4. At the opportune time, the coach throws a baseball, "leading" the runner with the throw like a quarterback leading a receiver. The player should not have to break stride to catch the ball.
5. The player catches the ball, drops the ball in the bucket, and returns to the end of the line.

KEY POINTS

This fast-paced drill keeps everyone moving. Players must wait in line only a short time once the drill begins

1. Coaches must teach players to run sideways.
2. Players should never take their eyes off the ball once they locate it in the air.
3. As they run, players should point their lead shoulder in the direction they think the ball will land.
4. Coaches must throw the ball high enough that the players have enough time to judge its projected path.
5. Players should try to make a one-handed catch.

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6. Coaches should increase the throwing distances according to the ability of the individual and the team.
7. Turn this drill into a game by counting the number of catches in a row the team can make.

