

## Fun Throwing Drills

### Cutoff Relay Race

#### Age Appropriate

Grouping 1, all ages

#### Objective

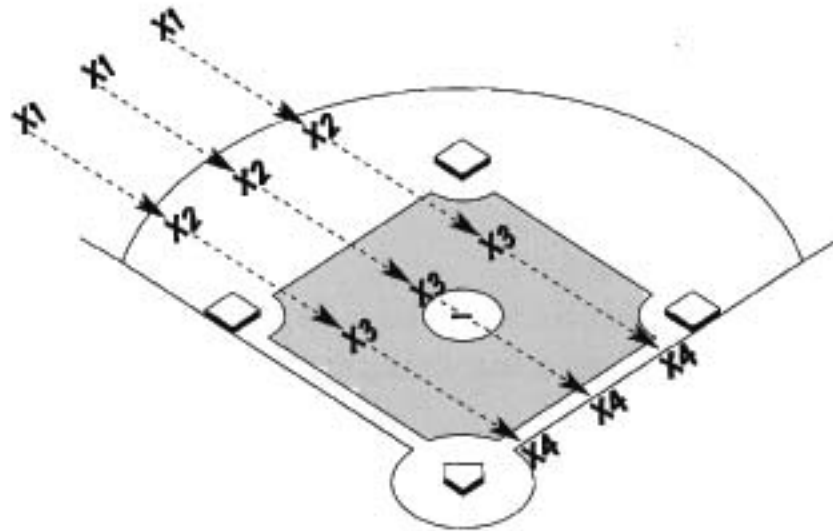
To work on catching with two hands, making a quick transfer, and proper footwork when receiving and making throws

#### Setup

Bucket of balls, small groups of players

#### Execution

Create groups of three, four, or five players to race. Players stand in a straight line with the others in their group, beginning at the spot where the ball is picked up, spaced evenly. All groups go at the same time. An outfielder picks up a ball lying on the warning track next to the fence and throws to his first teammate. That teammate turns his body, catches, generates momentum, and throws to the next teammate. This continues until the ball reaches the last player. The team that finishes first wins.





### **Coaching Keys**

The most common problems you'll find when executing relay throws are with kids who turn the wrong way before throwing (they turn toward the throwing side instead of the glove side) and kids who catch the ball flat-footed. Remind these players to turn toward the glove side as the ball approaches and to start moving toward the next target as they receive the ball. When they receive the throw, they'll already be moving in the right direction, so all they'll have to do is throw the ball and follow the throw.