

## THROWING: 3-2-RUN GAME

I got this game from a site on the Internet. If anyone knows whose it is, I will gladly give them credit. It is a game we use almost every week.

Place 3 balls on the ground evenly spaced, about 3/4 of the way from third base to home. The fielding team has a third baseman and a group at second base. Another team is at bat (without bats). When the coach yells, "Go", the batter (runner) runs as fast as she can to first base and on to second. The fielder at third base runs to the first ball and makes a throw to a teammate at second base, then goes to the second ball and makes a throw to the same fielder at second base and does the same thing with the third ball.

The object of this game is to make 3 good throws from third base (third base line) to second base before the runner gets to second base. If the runner gets there first, or if the fielder makes a bad throw or bad catch, the batters get 1 point (you can use any value you want). If the fielders get all 3 balls to second base before the runner gets there, no points are awarded.

## THROWING: MECHANICS SERIES DRILL

This throwing drill is used for warm ups and is done in a series. It allows the players to focus on the "mechanics" of proper throwing techniques, using certain isolation drills.

- 1.) Indian style: have the players start approx. 10-12 yards from their partners sitting indian style. By throwing in this position, the players isolate the upper body motion, using the glove hand for proper shoulder rotation. To help emphasize proper follow through, the players should follow through, with their throwing arm elbow outside their knee, as if picking a blade of grass. (this can also be done in the kneeling position with both knees on the ground, bodies square to their partners.)
- 2.) One Knee: Have the players proceed to the one knee position, stride leg in front pointing towards their partners. The players should move back to approx. 15-20 yards. This focuses on upper body mechanics and accuracy. Again, the players should follow through with their throwing elbows outside their knee with bend in the waist.
- 3.) Standing: Players put all three together and begin throwing from the standing position. Again, emphasize using the glove hand to point at the target as well as proper follow through (throwing wrist should brush the outside of the knee).
- 4.) Crane: Players begin in the "crane" position. That is, with their stride leg raised in the air (knee bent), their glove hand pointing at their target, their throwing hand in the launch position (ball outside ear), players hold in this position for 2-3 seconds before releasing the ball. To ensure proper follow through, the players then take one full step towards their partner after releasing the throw. This helps the players focus on properly using their glove hand for emphasis on shoulder hip and knee rotation. What I tell the girls is that (if righty), their left shoulder, hip and knee point at their target and when they are done, their right shoulder hip and knee should be pointing at their target.
- 5.) Quick throw: Players work on framing and quick release. Players catch and throw without hesitation for approximately 1-1.5 minutes straight.
- 6.) Tags: While partners are working their "Crane" positioning, the receivers set up in the straddle position. When the throw comes in, they perform sweep tags. This allows the receivers to train as well as the throwers.

7.) Throwing for distance: Once the series has gone through, continue to have the players back up until they are able to make accurate, strong throws DIRECTLY to the receiver. No lob throws. This allows arm strengthening.

## THROWING: TARGET PRACTICE GAME

This drill is for conditioning and control.

### Player set-up

A catcher stands between first and second base with a discard bucket. The rest of the team stands between third base and home with gloves.

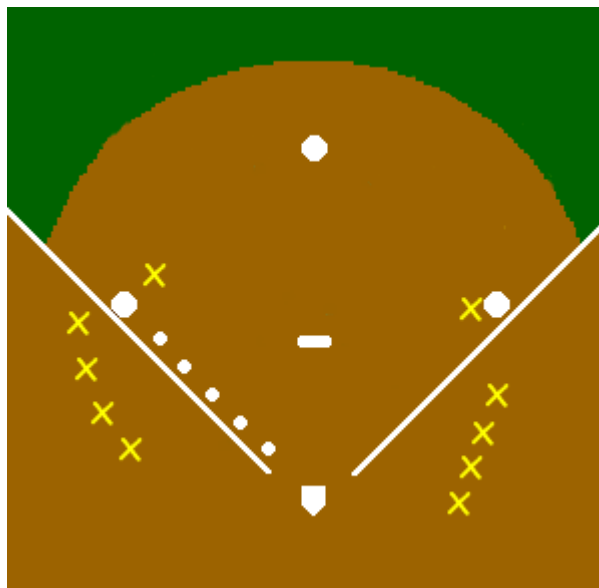
### Ball set-up

Place three balls on the first baseline, spacing them a few feet apart. Do the same on the second baseline. Place 5 balls in the center of the field, vertically between catcher and player.

### Drill

**This drill should be run one player at a time. The player sprints to any ball on the field, and throws it to the catcher. (If the throw is not good, the ball is replaced by another player for a second try.) They then sprint back to where they started, and go after another ball. This goes on until all of the balls are in the bucket. This drill should be tiring, and should be run at a sprint. Time the players if they need motivation. The other players on the team should be cheering on the runner.**

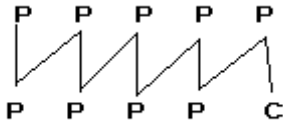
- **Work on three skills and keeps 10 players busy.**
- **Hitting, Hands and Eyes Coordination.**
- **Fielding Technique, Throwing.**
- **Receiving Thrown ball.**



## **Z Drill**

Players form two lines facing each other about 15 - 20 feet apart. The coach flips a ball to the first player. That player throws to the player across from her. That player immediately throws the ball to the next player in line across from her. This continues until the catcher receives the ball. The catcher then drops ball into the bucket.

After the first ball is flipped by the coach, another is tossed in by the coach. Depending upon the skill level of the players, the coach may flip the ball immediately, or he may wait a few seconds. This continues until the coach runs out of softballs.



## **5X5 Drill**

Usually at the end of our practices we initiate the 5 x 5 drill. The drill is for infielders and outfielders including pitchers and catchers...

Each infielders will get 5 grounders to play at their specific position..field a bunt or slap, field a grounder and turn two, field 3 grounders hit to inside and outside their position, (watch their feet, do they shuffle or cross over) make the throws to 1st base.

Now heres the kicker, if they drop or juggle the ball they start over, if its a bad throw, they start over. If the ball is throw wild, start over. They soon find out what is expected of them. Outfielders will get fly balls on the run from leftfield running to centerfield to rightfield, with a proper throw to 3rd, 2nd and 1st (watch how they set their feet).

Catchers in full gear in their ready position, balls are rolled from behind make plays at 1st, 2nd, 3rd. We have the pitchers field bunts, turn and pivot to make plays at 1st, 2nd, 3rd. As I stated before, if there is juggle or dropped ball that specific player starts their 5 over again.... hope you can use the drill

## ***Ram Drill***

Cones are set just behind baseline and 15-20 feet apart. Coach tries to hit balls past the two fielder teams. Bobbles are OK as long as ball doesn't pass the cones. When fielders miss ball, the next team is up. Fielders can either be at same depth, or one can move closer to the batter. Keep track of records and make it competitive.

