



Underhand Drill

This drill teaches players the correct way to underhand the ball to a make a play at a nearby base.

Equipment required: One baseball. Cones or throw down bases optional.

Five players are needed to conduct this drill. Four players are positioned in the formation of a square, approximately 15 - 20 feet apart. There are no gloves used in this defensive drill. One of the four players has a baseball in his/her hand. The fifth player lines up behind the player with the ball.

When the coach says, "go!" the ball is tossed underhand to the player to the right – using a flat-wristed technique. After the throw is made, the thrower immediately runs toward the player to whom he has thrown the ball, and takes his place. The player who receives the underhand throw turns to his right and throws the ball to the next player, and follows his throw, replacing the player to whom the ball has been thrown. This pattern continues until the ball is dropped. The players then reset for the next round.

To add some competitiveness, have the players keep track of how many throws are made in a row by counting each successful throw and catch out loud. Set a goal and see if the players can hit the target.

The drill can be run to the right or the left.

Points of emphasis: In order for this drill to be effective, the coach must insist that the players use a flat wrist to underhand the ball to the next player. We do not want to see the player flex the wrist at all when making the toss. The player receiving the throw must offer a target and use both hands to catch the ball. The turn and release of the ball must be fast and on target. Accuracy and speed are the name of the game here.