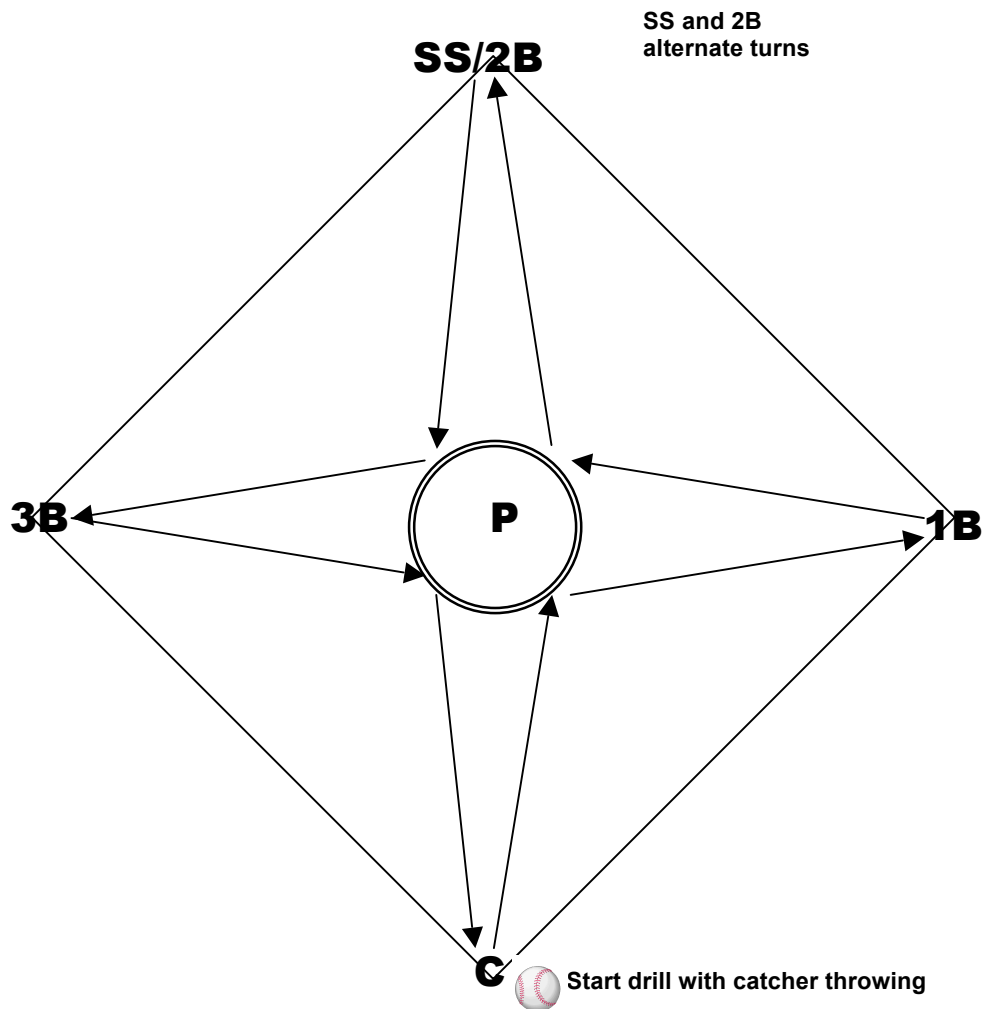




Four Star Drill



Throwing and catching are two of the most important skills for a ball player. Many throws in a game situation are between 30 and 60 feet.

The Four Star Drill gives players practice with throws in the 40 foot range, like they could experience in a game.

The drill emphasizes throwing, catching and quick reactions. Timing the drill puts emphasis on using proper techniques to try and achieve the best time.

The pitcher moves around the circle to the point where ball is thrown and caught (nearest the base).

The ball is thrown as shown by the lines, starting and ending with the catcher.

Throws can be ground balls or throws.

The player at each base can simulate a tag after catching a throw.

Time each cycle to make the drill competitive.

Rotate positions after each cycle so each player gets the same number of chances.