

GOALIE DRILL

Divide into teams of three which take turns keeping the ball from hitting the backstop, fence or wall. The coach hits up to five balls to each team. The team fields the ball and throws back to the catcher. Change to the next team: if the ball hits the backstop, on a bad throw back to the catcher, or after five balls are hit. The team with the most balls hit to it is the winner. Give each team two or three turns.

