

STAR DRILL

The ball is thrown counter clockwise around the field in a pattern making a star. (C – 2B – 3B – 1B – SS – C) Each person throws the ball and follows their throw by running to the end of the line behind the person receiving the throw. Start with two people at each position to allow for the person receiving the throw to run to the next station. This is a great warm-up drill as it combines throwing, catching and running. Set a goal each time for how many throws without a miss.

