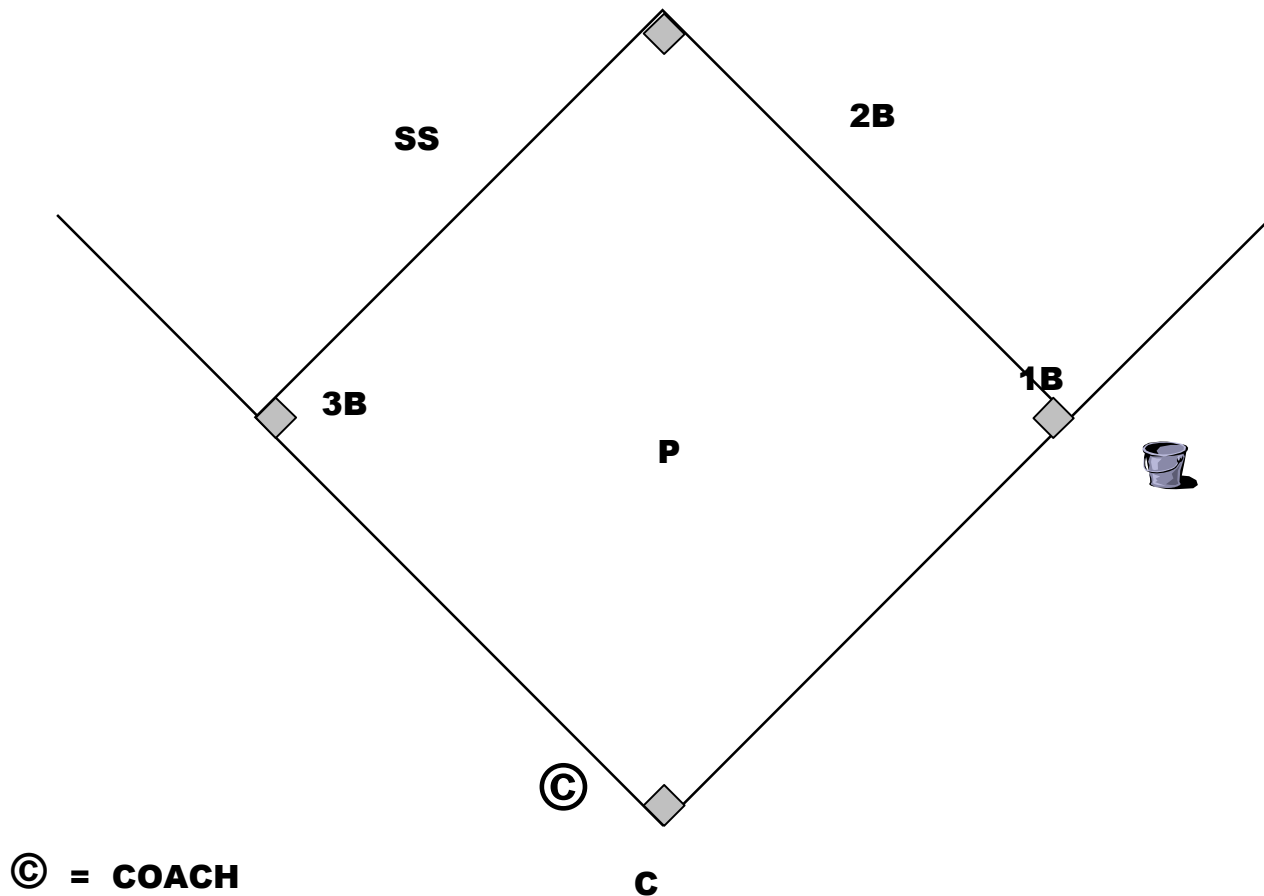


Triple Infield Drill



This objective of this drill is to practice plays which will happen in a game. The emphasis is on fielding and throwing under pressure.

Round 1 The Coach hits a ground ball to each infielder. The IF fields the ball and throws to the catcher who simulates a tag on an incoming base runner.

Round 2 The Coach hits a ground ball to each infielder. The IF fields the ball and throws to the 1B for the out. The 1B throws the ball to the catcher who simulates a tag.

Round 3 The Coach hits a ground ball to each infielder. The IF fields the ball and throws to the catcher who tags home as in a force play. The catcher then throws to 1B to get a batter and complete a double play. The 1B drops the ball in a bucket.

Time each round and continuously try and improve the time for that round.