

## RACQUETBALL DRILL

### PURPOSE

To learn to read a fly ball

### EQUIPMENT

A racquetball racket, approximately 10 soft-covered sponge-type balls, gloves

### TIME

6 to 8 minutes

### PROCEDURE

1. All of the players, who have been assigned numbers, and some of the coaches go to right field.
2. A coach or an assistant coach goes to home plate with a racket and a bucket of soft-covered balls.
3. The coach supervising in the outfield calls out a number.
4. The coach at home plate hits the ball into right field as high as he or she can.
5. The player whose number is called tries to catch the ball.
6. Repeat the drill until each player's number is called.

### KEY POINTS

Youth players have a very hard time catching fly balls. This drill, if followed correctly, improves a player's ability to catch fly balls.

1. When catching a fly ball, a fielder's first step is usually back.
2. The fielder must be able to anticipate where the ball will land.
3. The fielder should catch the ball with two hands.
4. Soft-covered balls are difficult to catch because they tend to pop out of players' gloves. Therefore, players should not be discouraged if early in the drill they have trouble squeezing the ball into the glove.

