

## **VELCRO-BALL DRILL**

### **PURPOSE**

To develop confidence in judging the trajectory of a fly ball

### **EQUIPMENT**

One Velcro paddle and ball, a racquetball racket

### **TIME**

4 to 6 minutes

### **PROCEDURE**

1. The coach positions a player about 30 to 40 feet in front of him.
2. The player wears a Velcro paddle in place of a glove.
3. The coach hits the ball high into the air and the player tries to catch it with the paddle.
4. The player throws the ball back to the coach, and another teammate takes a turn.

### **KEY POINTS**

The Velcro paddle and ball reduce a player's fear of catching fly balls.

1. Instruct players to try to catch the ball in front of the head with the arms extended outward.
2. Emphasize that touching or making contact with the ball is as much a success as catching it.
3. Similar to the racquetball drill, the Velcro-ball drill is particularly useful for teaching younger players how to catch fly balls.

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