

LINE THROW

PURPOSE

To develop proper throwing technique, specifically accuracy

EQUIPMENT

One bucket, 20 to 30 hardballs, gloves

TIME

3 to 6 minutes

PROCEDURE

1. Players assemble in two lines, one at the third-base position and the other at the shortstop position.
2. Set up a row of baseballs in front of each line of players.
3. Send two players to first base with an empty bucket. One player is the first baseman and the other is the backup first baseman.
4. On the "go" command, the first person in line at third base runs to the closest ball, picks it up, and throws it to first base. After the throw, the player goes to the end of the shortstop line.
5. The coach gives the "go" command to the first person in the shortstop line, who runs to the closest ball, throws it to first base, then goes to the end of the third-base line.
6. This drill can be done more quickly if the coach gives the "go" command to the next player as soon as the previous player throws the ball.
7. The first baseman receives the throws from the third-base and shortstop positions and places the balls in the bucket. The first baseman rotates with the backup after every five or six throws.

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KEY POINTS

1. This drill teaches players to start from the ready position before the pitcher pitches the ball. It also teaches infielders to charge slow rollers and to pick up the balls with their bare hands.
2. When throwing to first base, the fielder must plant the foot and aim between the first baseman's shoulders and abdomen.
3. The first baseman must give the fielders a good target. He keeps his glove open with his arm stretched out at about chest or shoulder height.

