



30 Second Backhand Cross

Skill Set: Infield

Difficulty Level: Medium

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 30 seconds

Equipment Required: Balls and gloves

Goal: Stay low while crossing glove foot over throwing foot and keep eyes on the ball

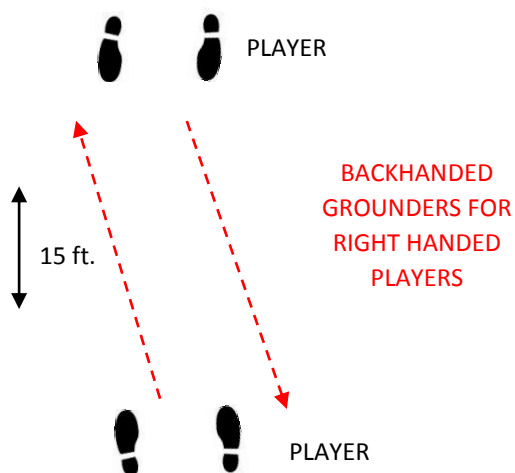
Description of the Drill:

- Partners 10 feet apart facing each other in defense ready position
- Throwing partner rolls a grounder to the backhand side of the receiving partner (towards their throwing hand)
- Receiving partner crosses their glove foot in front of their throwing foot to turn to field backhanded
- Receiving partner stays low while crossing over and keeps their eyes on the ball
- Receiving partner gets into throwing position after the ball is fielded, then rolls a backhanded grounder to their partner
- Partners throw backhanded grounders back and forth to each other until each partner has had 5 repetitions

Add Difficulty:

- To add a degree of difficulty, players can throw the grounders further away from their partner
- To add a degree of difficulty, players can field without a glove, one handed or two handed

Layout of Drill:



Add Difficulty:

