

30 Second Backhand

Skill Set: Infield

Difficulty Level: Easy

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: Field backhanded, bend at the knees and hips, and keep eyes on the ball

Description of the Drill:

- Partners 15 feet apart facing each other in defense ready position, glove shoulder pointed slightly toward partner
- Throwing partner rolls a grounder to the backhand side of the receiving partner
- Receiving partner keeps their feet planted with toes pointed slightly out
- Receiving partner focuses on fielding the ball backhanded, keeping eyes on the ball, and bending at the knees and hips (keep back mostly flat)
- 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 field without a glove, one handed or two handed
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Layout of Drill:

