

30 Second Crow Hops

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: Move through the ball, keep glove out front, and get to throwing position

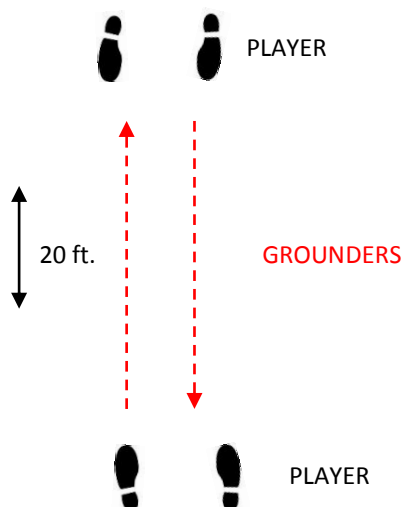
Description of the Drill:

- Partners 20 feet apart facing each other in defense ready position
- Partners throw grounders to each other
- Receiving partner moves toward and through the ball, fielding it
- Receiving partner keeps their glove out front, fields the ball, and then pretends to throw to first
- Receiving partner pauses in throwing position, then resets and rolls a grounder to their partner
- Partners throw 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 short hops to each other
- To add a degree of difficulty, players can also field without a glove, one handed or two handed

Layout of Drill:



Add Difficulty:

