



30 Second Quick Toss

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: Get the ball back to partner as quickly as possible, hit them in the chest with throw

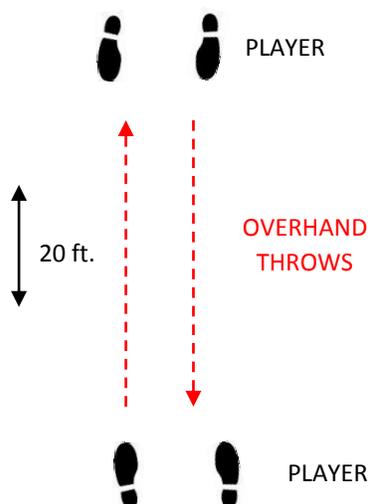
Description of the Drill:

- Partners 15 feet apart facing each other in defense ready position
- Partners keep feet planted shoulder-width apart facing partner
- Partners throw the ball overhanded back and forth building up speed
- Throwing partners should try to hit their receiving partner in the chest with their throw
- Throwing partner tries to get rid of the ball as soon as possible and get it back to their partner
- Partners throw back and forth to each other until each partner has had 10 repetitions

Add Difficulty:

- To add a degree of difficulty, players can move further away from each other to 30 feet apart
- To add a degree of difficulty, coaches can tell players when to speed up by saying "GO!"

Layout of Drill:



Add Difficulty:

