

## 30 Second Grounders

**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: Keep feet planted, glove out front, keep eyes on the ball and follow it into the glove**

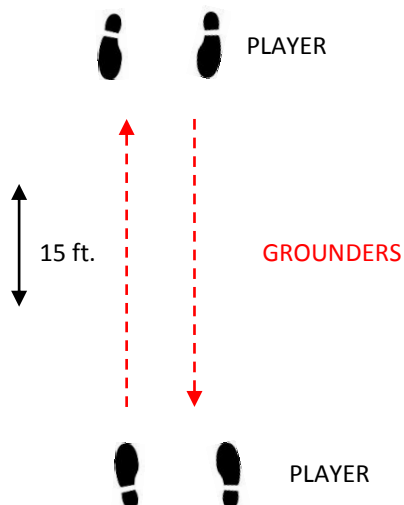
### Description of the Drill:

- Partners 15 feet apart facing each other in defense ready position
- Players keep feet planted in the defense ready position
- Partners throw grounders to each other
- Receiving partner keeps their feet planted and their glove out front
- Receiving partner keeps their eyes on the ball and follows it into their glove
- 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:

