

4 Corners

Skill Set: Infield

Difficulty Level: Easy

Number of Athletes and Coaches: All athletes, split into groups of 4, 1 group at each base

Average Time to Complete: 10 minutes

Equipment Required: Gloves, Baseballs

Goal: Focus catching the ball cleanly, turning quickly and making a good throw.

Description of the Drill:

- Separate players into groups of 4 and put each group at a base
- Start with the ball at home plate, and have the player at home plate throw the ball to 3rd base
- 3rd base will throw the ball to 2nd base, 2nd base will throw the ball to 1st base, and 1st base will throw the ball back to home plate
- Once players throw the ball, they follow the ball to the base they threw it to and get in line at that base
- The next player in line steps up to the base and catches the next ball and repeats the process
- Once the ball has been thrown around the bases so that each player has made at least one throw, reverse the direction the ball is being thrown

Layout of Drill:

