



Crow Hops

Skill Set: Outfield

Difficulty Level: Medium

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Balls and gloves

Goal: Field the ball on the outside of glove-side foot, keep head down, eyes on the ball

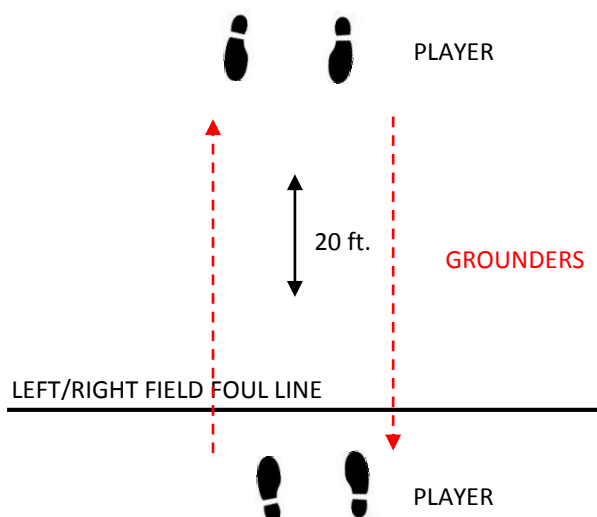
Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 20 feet away in left/right field
- Throwing partner rolls ball on the ground towards receiving partner at a slow to medium speed
- Receiving partner fields the grounder to the outside of their glove foot that is slightly forward
- When coming up to throw from fielding, receiving partner should put weight on the glove side foot to hop onto the throwing side foot to get to a throwing position, bringing the glove side foot through (the bigger the push off with the glove side foot, the more momentum of the throw)
- Partners roll grounders back and forth to each other until each player has received 10 grounders

Add Difficulty:

- To add a degree of difficulty, the players can back up to 90 feet and make full crow hop throws to each other

Layout of Drill:



Add Difficulty:

