

# Follow the Throw Drill

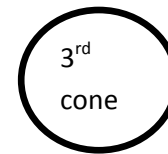
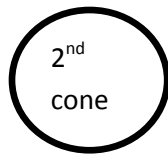
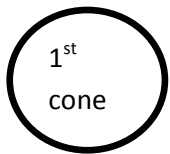
This drill is designed to help kids follow their throws. Every infielder that catches a ball in the big league moves their feet towards their target. We will start at the 1<sup>st</sup> cone as if we are a 3<sup>rd</sup> baseman receiving a ground ball and throwing to 2<sup>nd</sup> base.

Receive ground ball at cone 1

Release the ball at cone 2

Cone 3 will be where we finish or follow the throw.

Distance between cones will vary depending on age group.



Start with a wide base...butt down...hands out in front.

Coach or player to roll ball towards player.....player to receive ground ball stay low...shuffle towards cone 2...release/throw ball to the coach...finish by moving towards cone 3