

SS Double Play Pivot Drill

For this drill we will simulate a 4-6-3 double play.

The #1 job of the SS when a ball is hit to the 2nd baseman with a man on 1st base is to get to the bag as quickly as possible.

Instead of putting your left foot on the bag as the 2nd baseman does...the SS will put his right foot to the bag and anticipates a bad throw and when the ball comes...you take your left foot to the ball which then puts you in a good line to throw to 1st base.

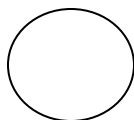
Remember: Get to the bag early...Right foot to the bag...Left foot to the ball.

For this drill...I like to roll ground balls to the 2nd baseman close enough to the bag so the 2nd baseman can practice their under hand flip to the SS...the SS is to get to the bag early...Right foot to the bag.... Get in an athletic stand...feet spread slightly...hands up to show a nice big target...receive the ball...get in a good line to throw to 1st base....finish the drill by having the SS throw to 1st base.

I usually have the kids follow their throws to the next station. This way every kid gets time at each position.

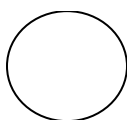
1st
Base

2nd baseman
to start here



For drill purposes have the SS a little closer to the bag than normal playing depth.

2nd
Base



SS to
start
here

3rd
Base