

## Backing up throws

Great drill for working the infield quickly and warming up. This drill is great for teaching players how to back up the throw. "If you can't see the player who is making the throw to the position you are backing up, you are too close"

Position a player at each infield position excluding pitcher and shortstop. Each base excluding the catcher has a backup who is positioned behind the base. Begin the drill with the catcher throwing to first, first throws to second, second throws to third, and third throws to home. After a few minutes, reverse the drill home to third, etc. The players playing behind the bases should be lining them selves up to back up the throw. If there is an errant throw the back-ups should be ready to retrieve the ball and make the throw to the next base.