

Title : 100 Reps Flyballs

Category #1 :

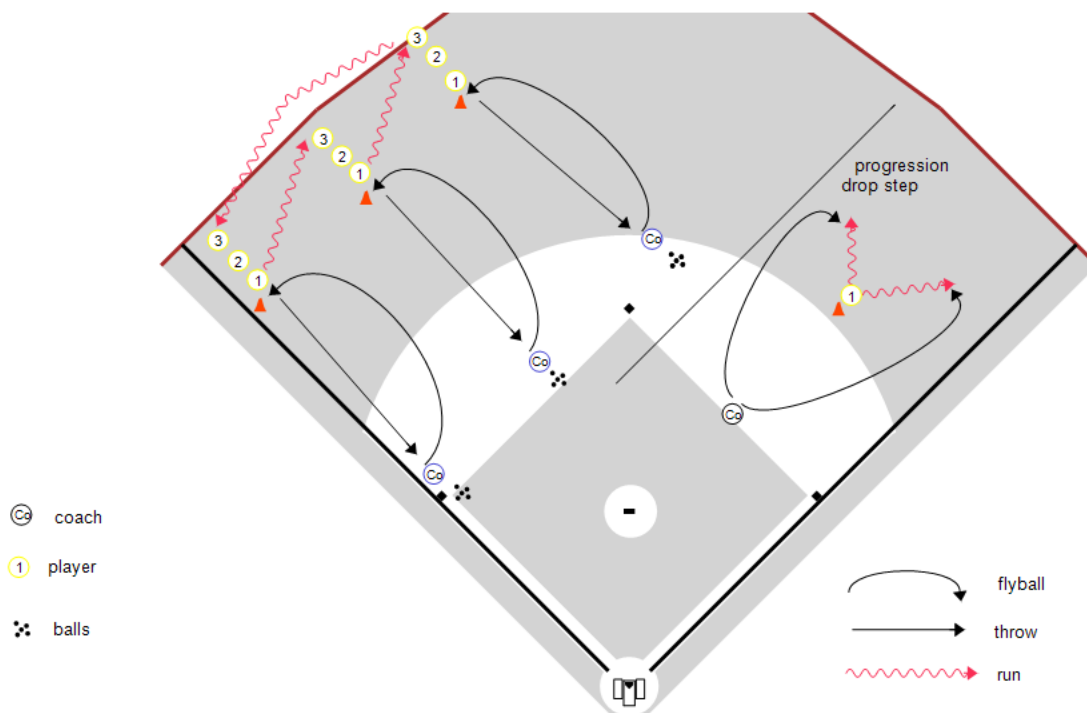
Skill

Category #2 :

Flyballs

Content elements:

Components :



Key Points :

Catch 2 hands

Catch above forehead

Call "MINE"

## Description

### Objective:

- To create muscle memory by fielding 100 flyballs in 1 practice

### Equipment/Setup:

- 3 or 4 cones set up 40-60 feet away from coaches to create 3 or 4 lines
- 3 players max per line. 1 coach/parent per line
- 5 balls per line to ensure MAX REPS. Have players fetch errant throws

### Execution:

- Coach throws flyball to player 1.
- Player 1 calls "MINE", catches with 2 hands above forehead.
- Player 1 throws back to same coach then runs to different line
- If throw is poor and passes coach, player is responsible to retrieve ball

### Progression:

- Make players move before fielding (left, right or short...NOT LONG)
- Introduce Drop Step for long flyballs. Move cones to 20 feet and players drop step for long flys
- Introduce competition. 1 point per catch, line vs line competition

\*\*\*Fundamentals of catching a flyball should be taught beforehand. Major error correction is necessary but dont overcoach...this drill is about MAX REPS