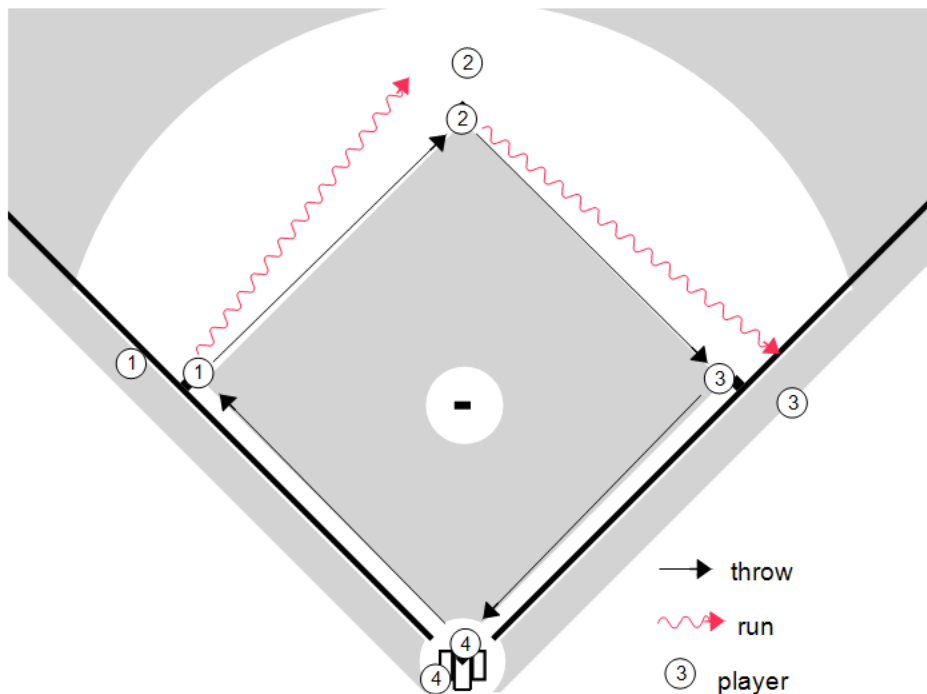


Title : Box Drill Around The Horn **Category #1 :** Skills **Category #2 :** Throwing/Catching

Content elements: _____ **Components :** _____



Key Points : Quick Catch&Release Present Target Move With Throw _____

Description

Objective:

- To work on throwing, catching and quick transitions between the catch and throw

Equipment/Setup:

- 4 bases, cones or throw down bases...box drills can be done anywhere on the field

Execution:

- Simple around the horn. Variations can be added
 - Run to the line you are throwing to for a warm up
 - Move towards target after throw to create momentum and increase throwing speed
 - Catcher can simulate 1B catch, or 2B footwork
 - Catcher can simulate a steal by straddling base and applying a tag
 - Reverse Direction of around the horn for different footwork