

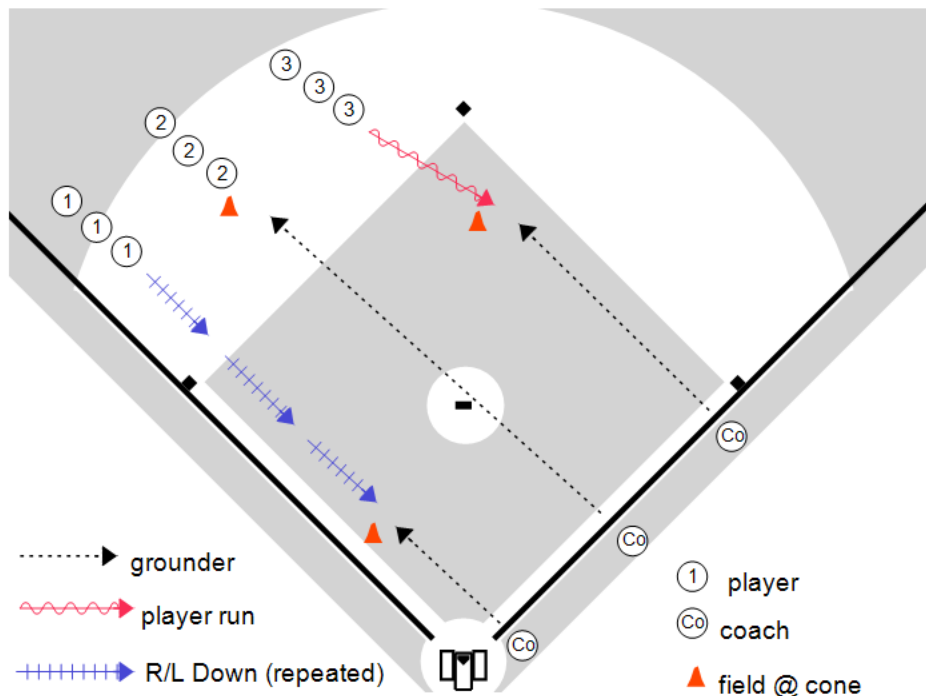
Title : RightLeftDown

Category #1 : Skills

Category #2 : Grounders

Content elements:

Components :



Key Points :

Proper footwork

Description

Assume players are Right hand throw - If Left handed then sequence is Left-Right-Down

Objective:

- To instill the proper pre-grounder footwork through multiple repetition

Equipment/Setup:

- 1 coach per line / Max 3 players per line
- 1 cone per line placed per diagram

Execution:

- If full team(9 players) use 3 lines / Also can be done with 3 players progressing through each line
- Line 1 - Players walk then complete Pre-Grounder Sequence (Right-Left-Down). Repeat 3 or 4 times then coach rolls grounder. MUST do Pre-Grounder sequence BEFORE fielding
- Line 2 - Players start in ready position. Coach rolls grounder. Player completes sequence then fields
- Line 3 - Players jog towards coach. Coach rolls grounder. Player completes sequence then fields

***The Right-Left sequence is a fundamental movement for many sports and MUST become muscle memory. Coaches must ensure the correct footwork is done before every grounder. Correct the footwork...do not focus on the result.