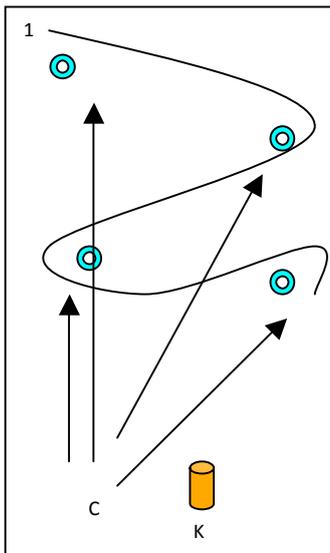


field the ball on the run, moving from a base set at right angles to ball trajectory. Have more than one fielding group at different stations.

Combination Drill

(30 min)



Set up say 4 cones as shown. Players line up behind the furthest cone. The Coach hits or throws a ball out towards the first cone and player 1 runs in and throws the ball (two handed pick up crow hop and throw) back to the keeper, who rolls the ball to the Coach. Player 1 runs on towards and around the second cone towards which the Coach has hit/rolled another ball and player 1 picks up and throws it back to the Keeper who rolls the ball to the Coach. Player 1 runs onto towards and around the next cone and the Coach hits/rolls another ball towards that cone and player 1 picks it up and throws it back to the keeper etc. Adjust the distances dependent upon the age and ability of the players. Don't have too many cones or else the players will get bored waiting. Make sure they bounce the ball back to the Keeper. If you have sufficient numbers and Coaches (use players) then have