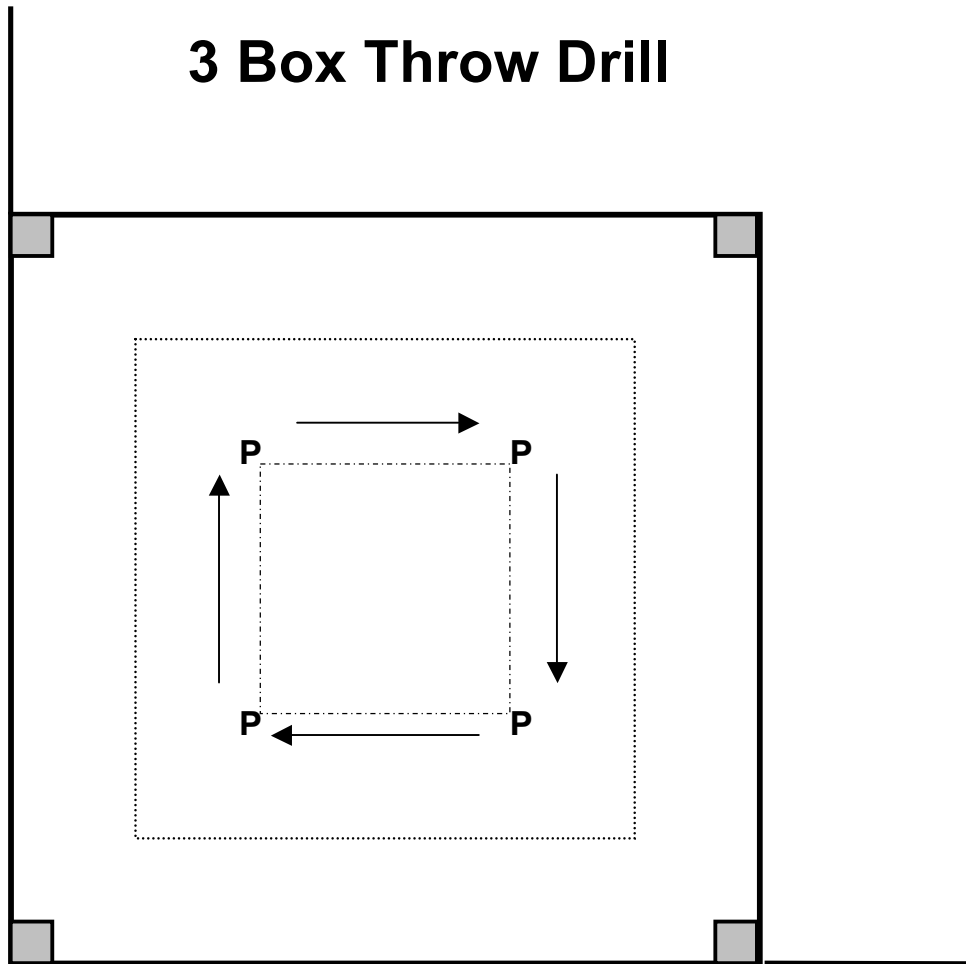


## 3 Box Throw Drill



The objective of the drill is to practice throwing, catching and quick reaction. Trying to be the quickest group adds game like pressure to the drill.

Set up and mark four square boxes:

1. Infield - 60 feet<sup>2</sup>

2. Mid size – 40 feet<sup>2</sup>

3. Small – 20 feet<sup>2</sup>

Begin with the smallest square and put one player at each corner. The ball is thrown clockwise around the square twice. (see diagram) Then players move out to the corners of the mid size square. The ball is thrown around the square twice. Then players move out to the corners (bases) of the largest square. The ball is thrown around the square twice.

Take the total time for all six throws. The group of four players with the lowest time is the winner. If any throw is not caught the time is not used and the group cannot win.

