

# Fielding

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**Name of Drill:** Agility, Accuracy, and Competition Drill.

**Equipment Needed:** Two balls, two tossers, four gloves.

**Explanation:** This drill is a good one for not only throwing accuracy, but for conditioning and giving your team a chance for a little friendly competition. It can be done anywhere—on the field, gym, or other indoor facility.

Divide the team into two even groups in two different lines. The person in the front of the line (player A) races to a point about 60 feet in front of her where a glove is sitting. She quickly puts the glove on and gets set while the tosser (player B)—who is standing about 70 feet from the front of the line—rolls a ground ball to her. Player A then fields the ball, turns and makes a throw to the person now at the front of the line (player C).

Player C then throws it back to player A. Player A then rolls the ball back to the tosser, then drops the glove and races back to the line for the next player to go.

