

## **Double play outcomes**

Idle hands and feet are the bane of practises and baseball can be boring if you allow it to be. This keeps the ball rolling – literally.

Line up two players at every infield position. You also need a pitcher and a catcher. OF take right field.

You hit ground balls into every possible double play.

5-4-3

6-4-3

4-6-3

3-6-1

1-2-3 or 1-6-3 (coach calls it)

Flyball to the outfielder who throws home. Catcher lays down the tag. All plays are finished with a throw/tag at the dish.

As soon as the double play is completed, the next ball is in play.

Repeat

After the first 5-4-3 play, the second catcher or assistant coach throws or hits balls to the 3B. They pick up the ball, set to throw, toss it into the bucket beside the bag.

This is a great drill to amp up the intensity of practise and get everyone involved after individual skills or even as a first drill after warm-up. Gets pitchers doing PFPs without the moaning.

This is a drill that can be 10-15 mins. Or make it a competition if you have two players at every position.

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