**PRACTICE June 20, 2023**

**INFIELD:**

AFTER CATCH

*Pull the bow explain*

*Throw on the run drill*

* Flips forward | there > < back
* 3 o’clock on the run | > <
* Spin throws | > <
  + Only left side of line is spinning

INDY D

*Ready hops*

*Throw on the run*

Pull the bow reminder

Set up 1st basemen at 1st

At SS and 3B only

Start – edge of grass, ready hop, sprint at me, short hop toss

SS throw to 2B, 3B throw to 1st then switch

One hand play, two hand play, set feet and throw

Go through at least 3 times each play

IF ARM IS NOT GOOD – HELP FEED OR PLAY BASES WHEN NEEDED

*Drop step*

*Spin on forehand when needed*

Start: Facing opposite way, drop step go, roll ball, field and set feet, no throw

Go both ways, spin when needed on forehand, maybe backhand

Lay out, keep every ball in infield towards the end