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Crossover Hip Repetitions

D

DRILLS

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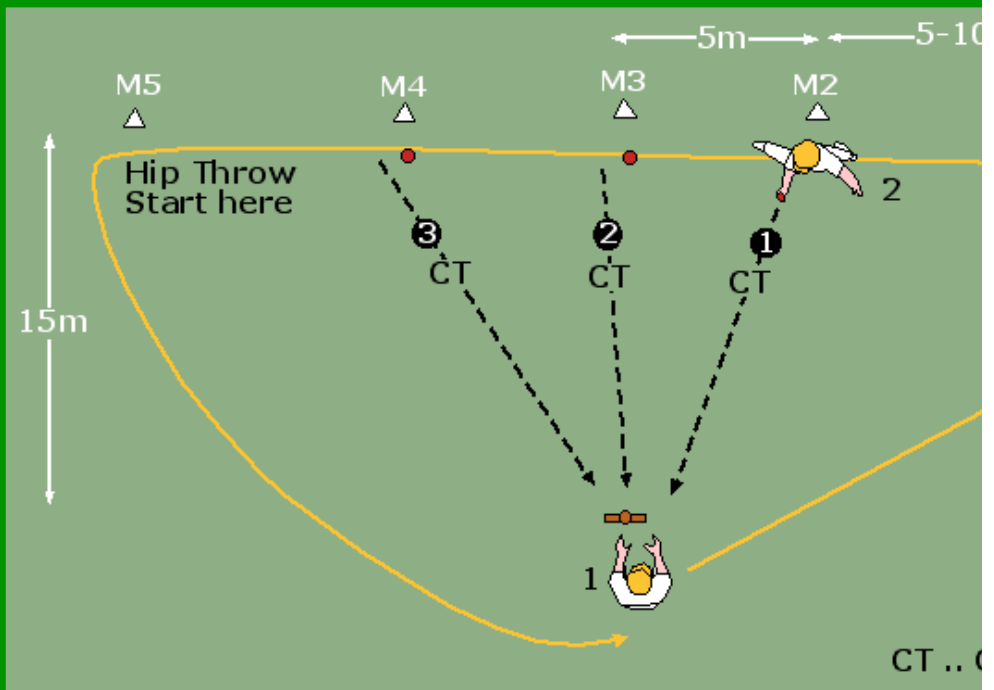
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Shift click on Diagram to ZOOM in



Drill Description

Coaching Points

My Notes

Markers are placed in a straight line, with balls at M2, M3 and M4. F3 runs from M1 to M5, picking up the stationary balls and crossover throwing to F1 at S1. F3 runs around M5 and replaces F1 who replaces the balls at M2, M3 and M4. F2 replaces F1 at S1. The procedure continues until all fielders have completed at least three sets of crossover throws. As the skill level rises, the ball can be rolled from S1.