



## **S.O.S INFIELD DRILLS and THROWING PROGRESSION (7-10)**

### **THROWING PROGRESSION:**

- 1. Wrist Flips**
- 2. Throwing Knee**
- 3. Parallel Feet**
- 4. Working Back**
- 5. Feet Working Back In**

### **INFIELDBERS S.O.S.:**

- 1. Partner Thrown (5 feet away rolling slow)**
- 2. Short hops (2 feet away throwing 1-hops)**
- 3. Forehand (2 feet away throwing 1-hops)**
- 4. Live Fungo (Coach hitting; if time)**
- 5. Team Infield**

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