



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

### **THROWING PROGRESSION:**

- 1. Wrist Flips**
- 2. Throwing Knee**
- 3. Parallel Feet**
- 4. Working Back**
- 5. Long Toss (Throw on a line; no “rainbows”) 5 at Max**
- 6. Quick Hands and Feet Working Back In**

### **INFIELDERS S.O.S.:**

- 1. Short hops (No Gloves)-** *“Down and through!”*
- 2. Forehand (No Gloves)-** *“Swing the butt, make the throw!”*
- 3. Backhand (No Gloves)-** *“Pinch-It”*
- 4. Repeat 1-3 with Gloves-** *“Smooth is fast!” Get the ball out of the glove*
- 5. Live Fungo-** *“make the routine, routine!”*
- 6. Team Infield-** *“Put it all together!”*