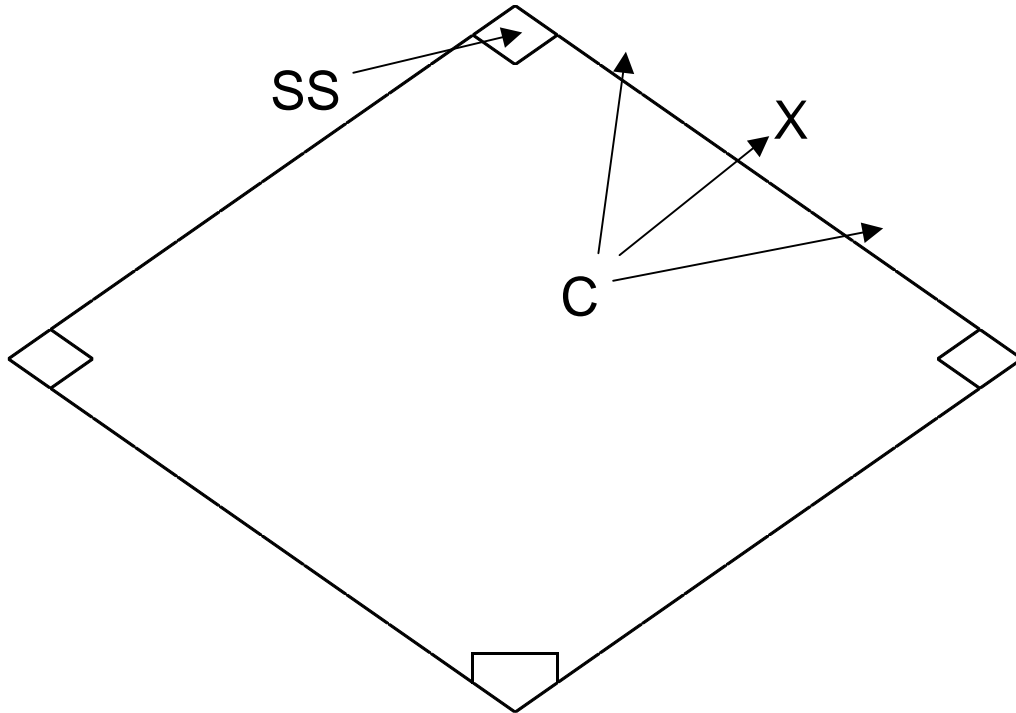


Mid Flips & Feeds Drill



Coach will roll the ball to any of the three positions shown for player to work on forehand/backhand flips, 3/4 throw, and drop step plant & throw. The Shortstop will work on covering 2nd base and foot work for the double play. Switch and roll ball to Shortstop with 2nd baseman covering 2nd.