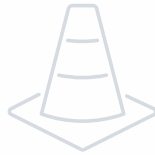




Equipment Needed:

- Bucket of Balls
- Glove
- Cones



**WIDE RECEIVER
FLY-BALLS**

AGE RANGE: 12-18

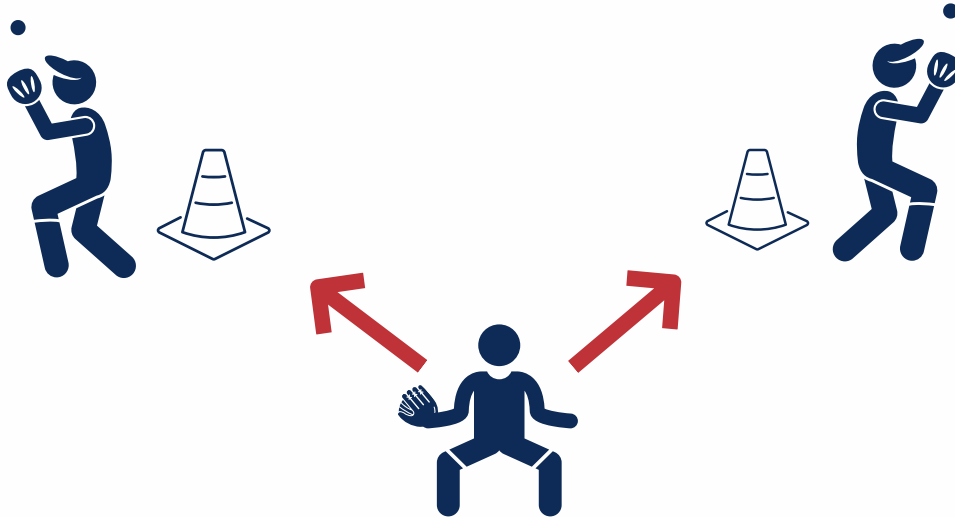
TYPE: FIELDING

DIFFICULTY: ADVANCED

DRILL DESCRIPTION

Setup:

- Mark spot for player and set up two cones diagonally to the player's right and left 30 feet away
- The coach and player should be facing each other about 8-10 feet apart
- Player should be in an athletic ready position and be ready to react



Instructions:

- Player (1 at a time) watches the ball in the coach's hand held above head
- Coach drops arm, pointing left or right, signaling which cone the player should run towards
- Coach throws a fly-ball to the cone when the player is halfway to the cone
- Player looks over shoulder to track ball, locates ball, and runs to the spot where the ball will land aiming to be under the ball and catch with 2 hands
- Repeat the drill with the next player