One-Step Throwing Drill
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As I have said so often, “throwing is the key to defensive baseball!” It is the back-bone of the defensive game.

Defensive baseball in it’s simplest form is a game of playing catch!

Throwing errors are often two-base errors (or worse). Fielding errors are typically one-base errors; consequently, throwing errors are more damaging than fielding errors.

Because throwing is such a vital part of the defensive game, it must be given special attention during practice. Neglecting or limiting throwing to only the warm-up period is a critical mistake.

Throwing drills must be integrated into each practice schedule to bring about the desired result of a solid defensive team.

The One-Step Drill will be a positive addition to the coach’s list of throwing drills. It is one of my favorite throwing drills. I am sure your players will feel the same once it has been incorporated into your practice schedule.

The One-Step Drill is designed to:

1. Emphasize the importance of throwing accurately.
2. Teach the players to throw accurately under pressure.
3. Make players rely on their throwing mechanics.
4. Introduce an element of competition.
5. Simulate throwing under game conditions.
6. Emphasize the importance of using the glove correctly.
7. Make playing catch fun!

Procedure:

1. Players are paired off at a distance of approximately 20 feet. Starting distance should be age appropriate.
2. Place one player on the foul line and his partner in the field at the appropriate distance.
3. One baseball per group.
4. All players throw in the same direction.
5. Groups should be as far apart from each other as practical for safety’s sake.
6. Drill begins on coach’s command.
Rules:

1. Players are allowed to take one step in any direction to catch the ball, but no further (ala a first baseman).

2. Ball must be caught cleanly to avoid elimination.

3. Players may jump as high as they can to make the catch.

4. Players may field the ball on a short hop (one bounce). Ball must be fielded cleanly.

5. After each successful throw and catch, the player in the field takes a step back (farther away from their partner).

6. Players sit down if they make an errant throw or fail to catch the ball cleanly.

7. Drill continues until only one group is standing.

Considerations:

1. Adjust the rules to meet your age groups needs. The younger the players, the more liberal the rules. We do not want to discourage the players.

2. Create a Free-Zone! An area at the start of the drill where players may make an errant throw or drop a ball without consequences. See diagram below.

3. Create a point of no return! In this area any errant throw or dropped ball results in an elimination. See diagram below.
4. Other thoughts:
   - Pair middle infielders
   - Pair first baseman and third baseman.
   - Pair catchers
   - Pair outfielders

5. Use your imagination!

Remember: You can use this drill every time you practice and the players will love it.

This is a great drill to use to end the throwing warm-up period.

Good luck!