

**Setup:**

Place the baseballs in a bucket near the player, easily accessible.

If available, set up four cones or markers in a square formation, with each side approximately 10 feet apart. If not, players can use natural landmarks like bases or other players to form a square.

Warm-Up Tossing: (1 minute)

Start with a gentle warm-up by having players stand in a circle, passing the ball quickly from one player to the next.

Encourage players to focus on their throwing form and soft hands, catching and releasing the ball swiftly.

Quick Hands Drill: (1 minute)

Have the player stand at the center of the square formation, or use the natural landmarks as reference points.

Toss a baseball to the player, making them react quickly to catch it with their bare hand (no glove).

Once caught, immediately throw the ball back to you or another player nearby.

Repeat the process, using a different hand each time to catch and throw.

Ground Ball Quickness: (2 minutes)

Have the player get into the ready position, knees slightly bent, and glove out in front. Start hitting ground balls towards the player, alternating between their left and right side.

The player must field the ball cleanly and make quick, accurate throws to a designated target or back to you.

Encourage quick transfers from glove to hand and emphasize proper footwork for a strong throw.

Reaction Drill: (1 minute)

In this final phase, stand approximately 10 feet away from the player, holding two baseballs—one in each hand.

Without warning, toss one of the baseballs towards the player. They must react quickly and catch the ball.

As soon as they catch it, immediately toss the second baseball in a different direction, challenging their reflexes.

Repeat this rapid-fire reaction drill for the full minute, pushing the player to stay alert and focused.