

Zip Ball™ Drill Contest Winner

Drill Name: Think quick - What time is it?

Skill (select the one that applies to your drill): Fielding

Drill Purpose: The purpose of this drill is to allow the girls (typically younger) to quickly react to where their glove should be pointing when fielding a ball. I found some of the younger girls are not yet comfortable knowing when to rotate their glove above and below the waist, and across their body. This is a drill I initially used with a regular ball and a glove, but found using a [Zip Ball™](#) with and then without a glove also added more eye / hand coordination (and makes it more difficult!).

Setup: Each player gets a partner and they stand approximately 5 - 6 feet apart. Initially each player will need a glove and each group a couple [Zip Balls™](#) (to speed up the drill in case some get beyond the player trying to catch the ball). The first practice or two we use gloves to get the concept, and after that the girls use their bare hands.

How the Drill Works:

Player A tosses the [Zip Ball™](#) to her partner starting at 12 o'clock and working her way around the clock - counter clockwise from her perspective (Player A). Player B will receive the ball clockwise from her perspective. At 12 o'clock Player B should have her glove fingers pointing up. At Player B's 5 o'clock her glove should now be rotated so that her fingers are pointing down rather than up. At Player B's 7 o'clock she should be in a back-hand position with her fingers still pointing down. Upon reaching Player B's 10 o'clock position her fingers should now have rotated back up.

The first round we typically go in order around the clock (counter-clock wise for the player tossing). The second round, the coach will yell the time she wants Player A to toss the [Zip Ball™](#) to (from Player A's perspective). So if the coach yells 11 o'clock - Player B really catches it at 1 o'clock from her perspective. The third round, I stand/squat behind Player B and position my hand where I want Player A to toss the [Zip Ball™](#) - so Player B has to react accordingly without a verbal clue.

TRY IT! From the catcher's perspective 7 o'clock to 10 o'clock can be difficult with a bare hand!

Coaching Point: Typically a progression from using a glove, in a standard time progression (12, 1, 2, 3, etc), to a bare hand random time approach works well so the girls understand the concept and then work on reacting automatically to where the [Zip Ball™](#) is being received.

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