

Downball Series

*video of this can be found on our At Home Training page

L	RunT	Behavior/Focus
	<p>Down Ball Hand Contact Series Must toss with hitting hand (R handed hitters, toss w/ R hand, L etc.)</p> <p><i>If you do not have a partner, find a wall and mark a spot on the wall to down ball too.</i></p> <ol style="list-style-type: none"> 1. Self toss, down ball to partners chest 2. Self toss, cross body down ball to partners chest 3. (R handed hitters) Face Left, toss, get around the ball, down ball to partners chest (L handed hitters) Face Right, toss, get around the ball, down ball to partners chest 4. Partner tosses the ball, player down balls back to tossers chest 5. Tosser tosses the ball to the Left and Right of the partner, player moves to the ball and down balls back to the tosser's chest 6. 180 turn and down ball off partner's toss - face your back to the tosser, tosser calls your name than tosses the ball, turn around find the ball and down ball back to tossers chest. 7. Self toss down ball to defender (defender transitions back on the down ball toss) 8. Turn and dig - hitter yells partners name once they toss, partner turns around and digs 9. Player start at the net, wall or cone, self toss and back set - turn and pass the ball up - get around the ball and down ball over the net or back to your partner 	<p>Toss should be with hitting hand Toss should have a lot of back spin At contact - hand should wrap over the ball</p>

