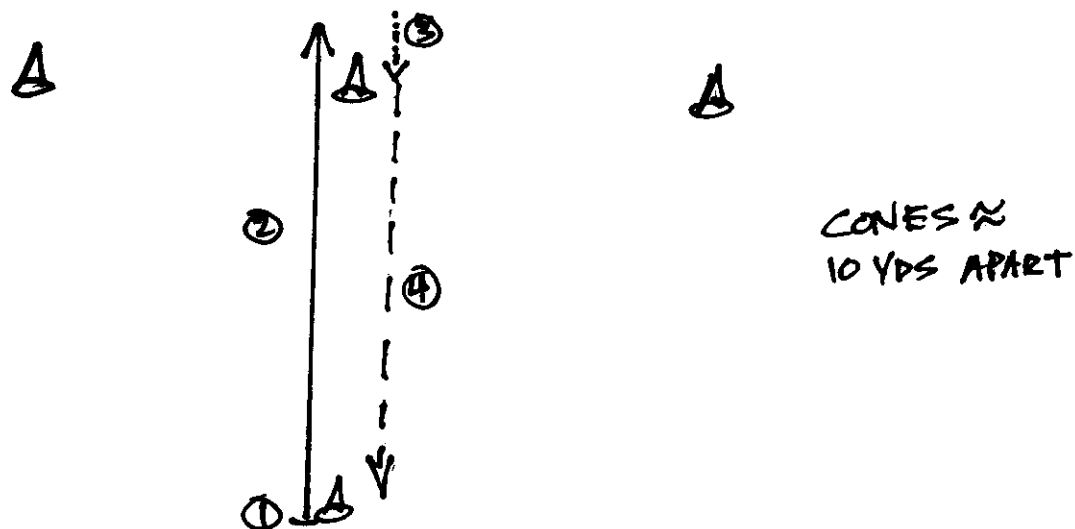


GET BEHIND DRILL



- ① OPEN 90°, CROSS-OVER STEP
- ② SPRINT TO ABOUT 5 FT PAST CONE
- ③ SQUARE HIPS, CHOP FEET IN READY POSITION TO RECEIVE F.B.
- ④ EASY THROW W/ CORRECT MOTION

TARGETS:

- IMPROVED FOOT WORK @ CONTACT
- + COMING THRU BASEBALL

NEED

- BALLS
- CONES (@ LEAST 2)