

Position Play: The Double Play – Baseball's sweet nectar.

Key Thought for the athlete covering second: Fast – Slow – Fast. The relay athlete must run **FAST** to second as the ball comes off the bat. Give the thrower a good target as shown in box two. **SLOW** up as you approach the bag to place your foot on the outside corner. **FAST:** Catch the toss, and quickly get the ball out of your mitt for a hard throw to first. The team has 3.5 – 4 seconds to complete the entire play from the sound of the bat – good luck.

1. **The Toss:** If you're 10 – 15 feet away, it's better to underhand toss it to the target instead of making an overhand throw. Step towards the target while you toss it underhand, like bowling a ball. The ball should fly directly to the target, not like a big arch.

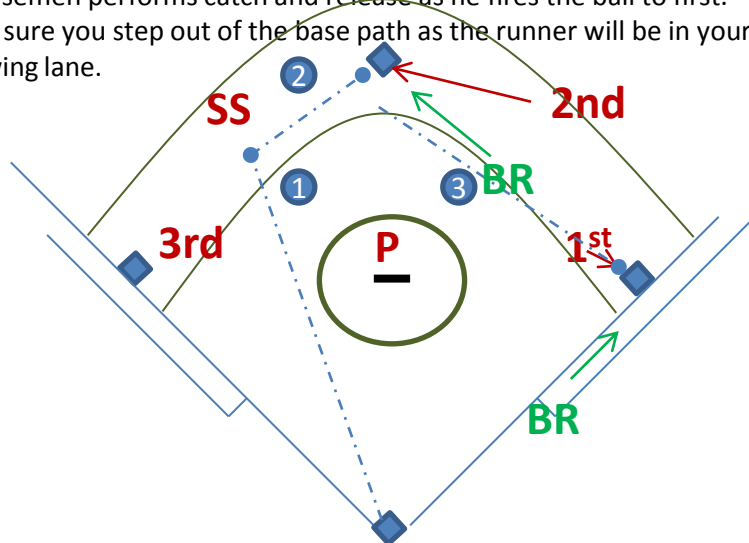


2. **The Catch and Release:** This move is critical to get done quickly. Before the ball even gets to you, hold the mitt up for a big target, and have your throwing hand underneath the glove to quickly get the ball for the toss.

Once you catch it, quickly step to the inside or outside of the base path and throw it to second. You'll need a throwing lane outside of the base path in order to not hit the base runner.



3. **Ball Hit to Left Side:** (1) SS fields the ball, at the same time the 2nd basemen is running for the bag. (2) SS tosses the ball to second. (3) 2nd basemen performs catch and release as he fires the ball to first. Make sure you step out of the base path as the runner will be in your throwing lane.



4. **Ball Hit to Right Side:** (1) 2nd basemen fields the ball, at the same time the SS is running for the bag. (2) 2nd basemen tosses the ball to second. (3) Shortstop performs catch and release as he fires the ball to first. Make sure you step out of the base path as the runner will be in your throwing lane.

