



AIR IT OUT

Runner on 2nd... 2 outs... base hit up the middle...
Can you throw out the runner at home?

HOW IT WORKS

Set up a ball bucket anywhere between 100 feet to 200 feet away.

Pretend to field a ground ball base hit to the outfield, or to catch a fly ball with a runner at 3rd tagging up.

Throw the ball home...
Can you make it in the bucket?

How many tries do you need to get a ball in the bucket? How many balls can you get in the bucket in 1 round?

KEYS

Use your legs and keep fingers on top of the ball for stronger throws and better accuracy. You don't need to get it in the bucket on the fly. Keep the ball on a low line to get it there faster.



Pro Collection
Fastpitch Ball Glove



Training Softball



Ball Bucket

