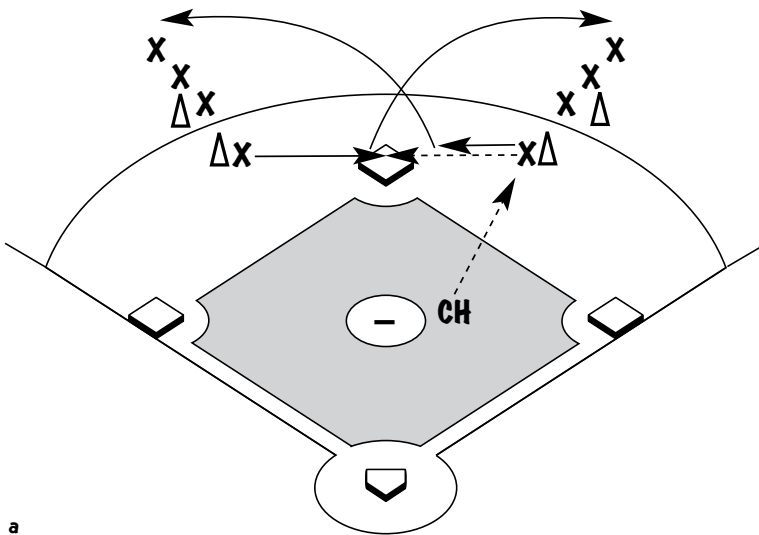


## Force Play Drill; 6-4/4-6 Drill

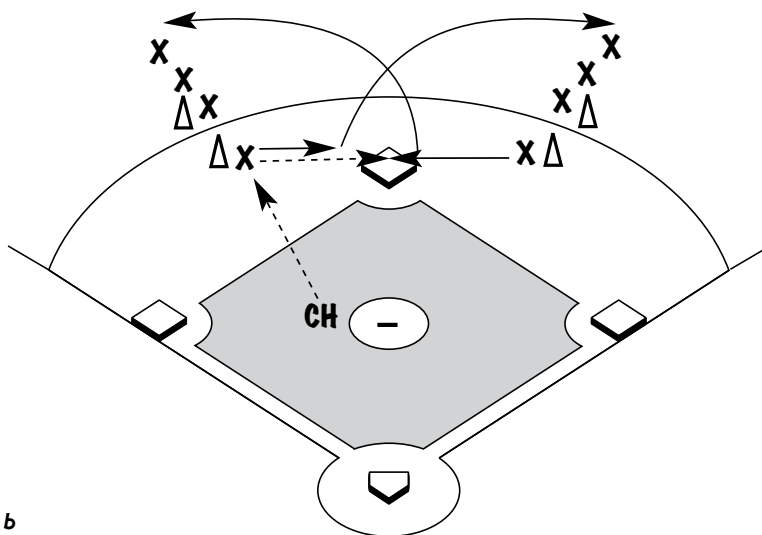
**Goal:** To work on using the underhand flip to get force outs at second base.

**Setup:** One group lines up at shortstop. Another group lines up at second.

**Description:** Coach rolls a ground ball to the first player in the shortstop line. First player in the second base line runs to the bag, puts the left foot on the bag and holds up both hands at chest level as a target. Shortstop fields the ball and executes an underhand flip to the second baseman, who takes the right foot toward the ball and catches it. Second baseman returns the ball to the coach and the players go to the end of opposite lines. After each player goes several times, switch and work on the 4-6 double play feed. Drill is reversed. Difference is that the shortstop puts the right foot on the bag and takes the left foot toward ball. As players get comfortable they can throw to a coach or teammates at first base to complete the double play. Stress the underhand flip and that the players covering second base should get there early and be stationary targets for their teammates. Figure 9.26 diagrams the 6-4/4-6 Drill.



**Figure 9.26** The 6-4/4-6 Drill.



b

Figure 9.26 (continued)

**Multitasking:** For players 9 years old and up, add the first baseman to the drill and complete the double play. Start with first base at a shortened distance, and then try to move it back as the players get more comfortable.