PURPOSE: This drill develops quickness and improves reaction time. After you master the drill, assume a base-stealing stance to improve your transition from stance to sprint.

HOW IT WORKS:
1. Start in three-point or base-stealing stance on line five yards away from coach.
2. Coach raises arm with tennis ball in hand.
3. Once ball is dropped, explode forward to catch it
4. Try to catch ball before it bounces twice.
5. Repeat 10-15 times.

MAKE IT HARDER: Coach takes two steps back to increase distance after successful catch.

SETS/REST: 10-15 sets with 15 to 30 seconds rest.