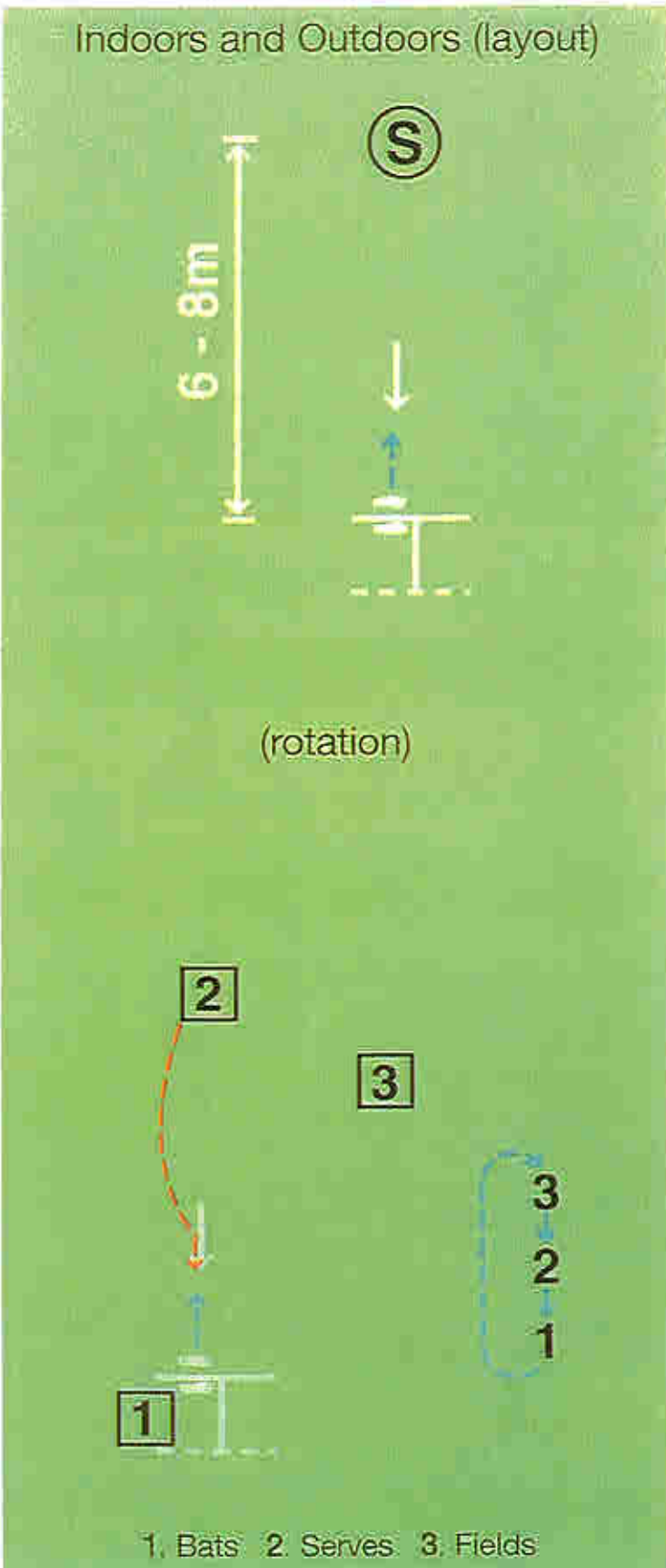


# The Forward Defensive

Think SAFE!



## Organisation

Underarm low service to just short of a long stride in front of batter

Encourage batter to play with "soft hands" so that the ball "trickles" towards server/fielder

Batter to say ready

Left-handed batter no.3, etc.

4/5 goes each and then rotate

8-10 paces between each group of 3

Progression:

"Play or Leave"

"Soft Hands"

