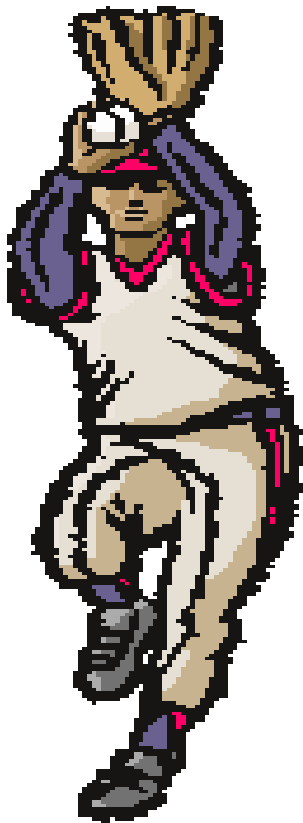


# The Cannon Drill

## Testing Outfield/Catcher Arm Strength – Distance & Accuracy

- ❖ Player lines up at home plate and throws the ball as far as she can down the 3<sup>rd</sup> base foul-line.
- ❖ This drill is for all outfielders and catchers (optional – everyone).
- ❖ The throw is judged on Max distance (total # of ft.) and on Net distance (deviation from foul line).



<u>MAX</u> <u>DISTANCE</u>	<u>(+/-)</u>	<u>NET</u> <u>DISTANCE</u>
T1 _____	_____	_____
T2 _____	_____	_____
T3 _____	_____	_____
<b><u>AVG MAX:</u></b> _____		<b><u>AVG NET:</u></b> _____
<b><u>TOTAL POINTS:</u></b> _____		

<b>Scale:</b>	82'9" - 95'9"	1 point
	95'10" - 108'10"	2 points
	108'11" - 121'11"	3 points
	122' - 135'	4 points
	135' or greater	5 points

**Any Deviance > 3' minus 1 point**

**Comments:**