

The Nomar Drill

Testing Lateral Range in the infield – Shortstop & Second Base

- ❖ The player begins in the middle of the cones in a game-like ready position and reacts to the ball as it comes out of the machines.
- ❖ Player is judged on range - attempts, touched, controlled – throw is optional.
- ❖ This drill will be used for shortstops and second basemen.
- ❖ * Indicates the time was unofficial and is not used in scoring.



Range	Attempts	Touched	Controlled	Throw 1	Throw 2	Throw 3
12 feet						
14 feet						
16 feet						
feet						