

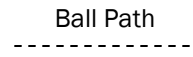
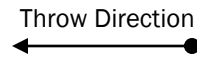
## 3" Mini Ball...

### 10 exercises to get you going!

**Diameter:** 3 in/ 7.62 cm

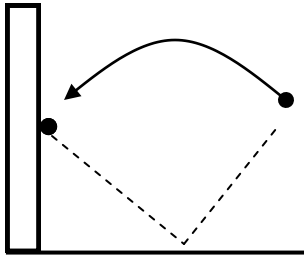
**Circumference:** 9.42 in/ 23.87 cm

**Weight:** 0.6 lbs/ 0.27kg/ 9.6 ounce



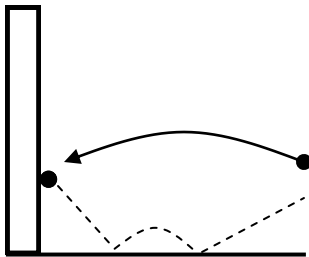
#### \* Warning \*

Si Boards balls bounce with extreme energy and pick up speed on the second bounce. Take caution in throwing and catching Si Boards balls. Use protective equipment. Children should always be supervised. Throw and bounce against a solid surface. Do not throw where other people may get injured or property may be damaged.



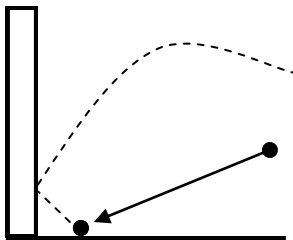
#### General Warm-Up:

Warm up your shoulder with short tosses then gradually throw longer and harder. The harder and straighter you throw to the wall– the faster and more reactive the ball returns to you. Try throwing hard and catching without a bounce. This is great for pitchers to throw and react quickly to a line drive.



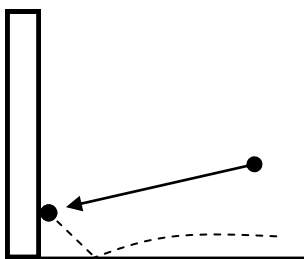
#### Double Bounce:

Watch out for the second bounce off the ground! Throw the ball against the wall and catch after the second bounce. The ball picks up speed and comes at you much faster than you can gauge. Add a little spin to the ball and it will bounce to the side. Try throwing back and forth with a partner without a wall.



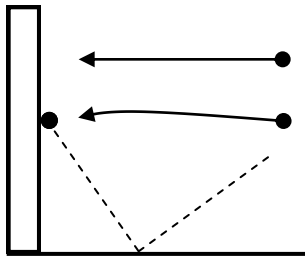
#### Pop-Fly Training:

Throw the ball off the ground close to the corner where the wall and ground meet. The ball will launch upward like a fly ball. Throw hard and you will jump to save it from the fence line. Throw at a slight angle left or right and you will shuffle left and right to catch the ball. Great for training depth perception.



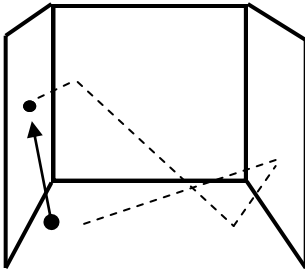
#### Grounder Practice:

Throw the ball off the wall and close to the corner where the wall and ground meet. The ball will quickly return to you skimming the ground. The closer to the corner you throw– the lower the ball returns. Throw hard for quick reflexes and a fast ball return. Work in catching a grounder and throwing to a base.



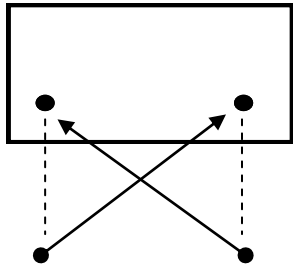
### Catcher's Drill:

Get ready to catch the pitch, pop-up and throw down the line to first base. Squat like a catcher and as soon as you get the ball, pop-up and throw hard against the wall. As the ball returns quickly, get back into your catching stance for another repetition. You can do this drill with the pitcher throwing against the wall also.



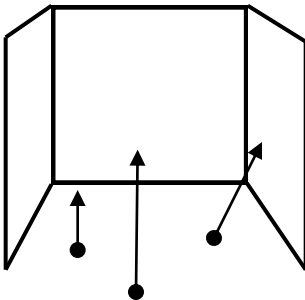
### Eye Tracking and Corner Bounces:

When throwing on a wall with several corners— you get some fun and long lasting bounces. Here is one sequence of throws. Throw close to the corners for greater ball movement. Keep track of the ball with your eyes. How many bounces can you get out of one throw?



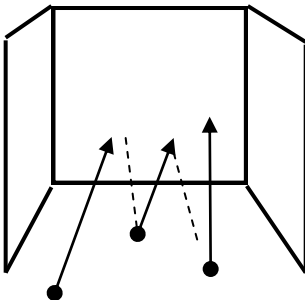
### Infielder Shuffle:

Facing the wall, throw the ball diagonally and close to the corner. Shuffle from left to right to field the ball and follow with a diagonal throw to the opposite side of the wall. Throw hard and you are ready for a double play. Complete this drill to a time limit or total number of catches.



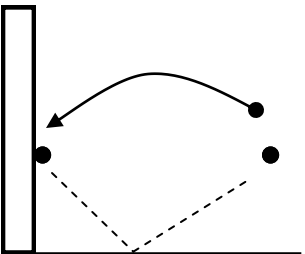
### Communication:

With three players, a combination of outfielders and infielders, play a game of catch. Have the outfielders stand furthest away from the wall and vice versa. With several players, everybody communicates, takes turns and keeps focus on the game. Alternate with grounders and pop-flies. Use the corners of the walls for added fun.



### In and Outs:

Get some cardio training with this drill. After you catch the ball, run towards the wall and throw. Catch the ball without a bounce and back shuffle. Throw the ball again and catch on a bounce or two. Again, run towards the wall and throw. Continue to alternate. This is also fun with a partner.



### Quick Hands:

Sharpen your accuracy and hand eye coordination. Using two balls, throw the first one to the wall. As soon as you can, throw the second ball against the wall. As one ball hits the wall you should be throwing the second ball. You'll be throwing immediately after catching in fast repetition. Throw with accuracy to keep the drill going. Try three balls for a real challenge!