

## FEED BETWEEN THE SHOULDERS

Used when the feed is thrown between the shoulders - the perfect feed



1. Glove and throwing hand fingers point at player throwing the ball
2. Catch ball deep - close to the chest
3. Turn glove into throwing hand to exchange the ball
4. Take left foot off bag and set it down next to bag pointing toes at 1B (as you turn your glove into throwing hand - step 3)
5. Make throw
6. Right foot changes sides and left foot follows

