

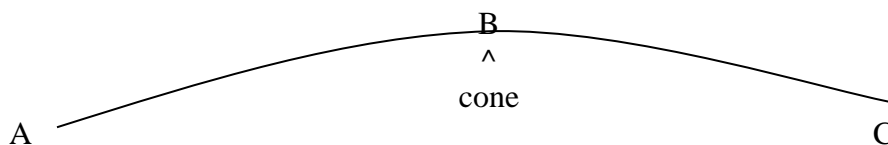
OUTFIELD DRILLS

4 Ball Drill

- • • • P (balls about 5 yards apart)

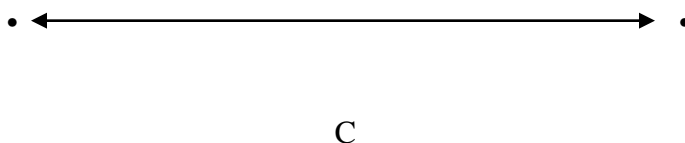
Approach Ball, Square Up, Glove Out and Down off of Glove Side Foot, Glove Foot Forwards on Catch, Simulate Fielding Ball, Crow Hop and Throw, Continue through rest of Balls

Indirect Base Hit Drill



Start at A squared up and in ready position, drop step to B to get around ball, square up and show glove while approaching C, Field ball, Crow hop, and Throw. Repeat from C to A. Can also hit or throw balls to make more challenging.

Cut-Off Drill

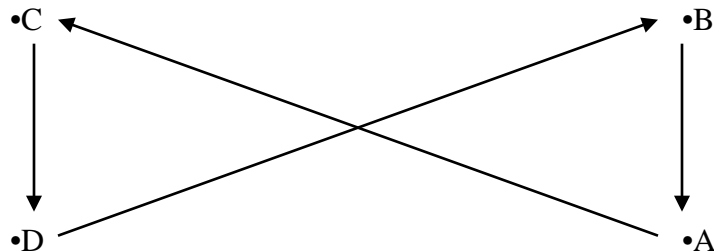


Roll or hit balls to forehand and backhand sides to force outfielder to work to cut ball off. Simulates a base hit in the gap in which outfielder is trying to avoid extra bases.

Backhand: Field, Gather, Load, Throw

Forehand: Field, Square or Reverse Pivot, Throw

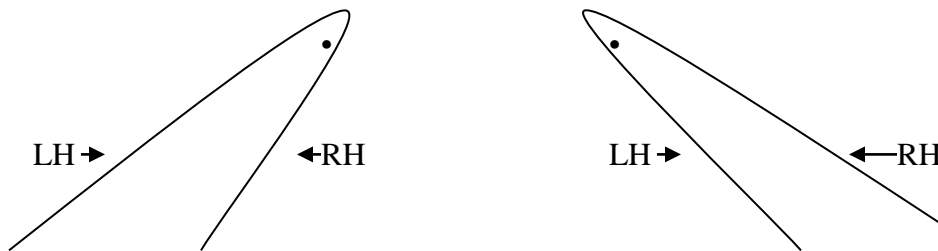
X-Drill



Starting at A, Drop Step and sprint to C to simulate catching a fly ball. Catch, Load, and Throw. Next do a Do or Die from C to D. Repeat drill by drop stepping from D and catching a fly ball at B. Then Do or Die from B to A.

** Drill can be done as a simulation or using balls.

Stationary Ball Drill



Approach Ball, Point shoulders to target before picking up ball, Pick up ball with bare hand, going down with both hands in the center of the body, Push ball into ground, Load and Throw

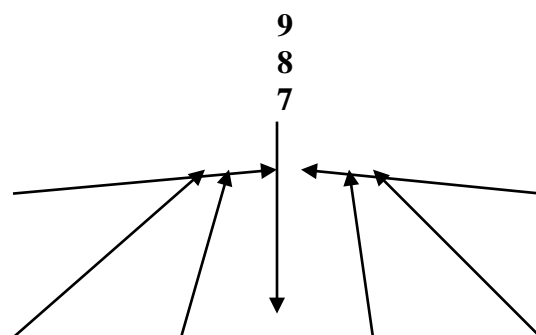
9 Spot Outfield Drill (Personal Favorite)

This drill consists of a Coach throwing balls to outfielders that begin in 9 different spots, and field 9 different types of balls they will encounter during a game. This is a great drill for working on drop steps, angles, and catching the ball on the run.

Spots 1-2: Ball hit directly overhead

Spots 3-4: Ball hit into deep gap

Spots 5-6: Ball hit on a line in gap

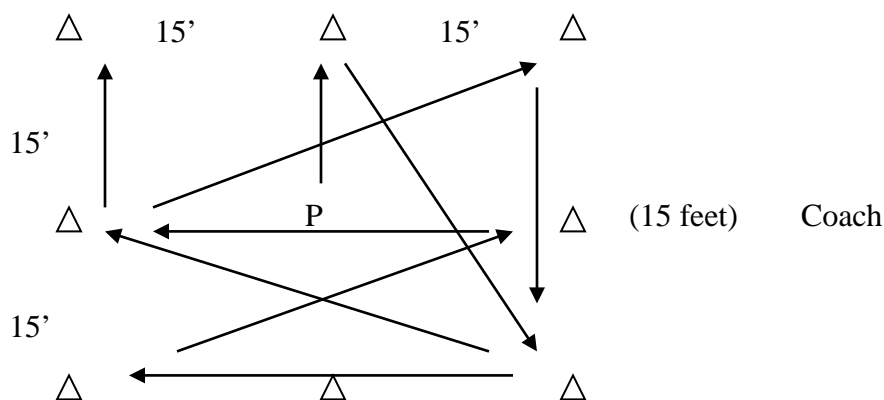


	6		5
<u>Spot 7:</u> Line drive directly at fielder			
<u>Spot 8:</u> Short pop-up	4	2	1
<u>Spot 9:</u> Do or Die groundball		Coach	3

Anti-Drift Drill (Advanced)

This drill could be incorporated with 9 spot or any other basic fly ball catching drill. The twist to this drill is the coach will throw or hit a ball slightly over the outfielders head. The outfielder must drop step, take the proper angle, and sprint to get behind the ball. To force the fielder to get behind the ball, in this drill have them catch it by reaching from behind and through their legs.

Bull in the Ring



The player starts in the center of the square with the coach 15' in front. Coach can call out different scenarios for player to react to and phantom plays or coach can toss balls to various cones forcing the player to actually make the plays. This drill is continuous for one player at a time. In approximately 60 seconds the player should be able to simulate the majority of possible plays made during a game.

Spider Drill

The drill starts with a player standing facing a coach approximately 15' apart. The player will drop step to his left and catch a ball thrown by coach. On catch, the player will immediately toss the ball aside, reverse pivot at the same angle to his right. After repeating this twice, the player will make a do-or-die play returning to the starting spot. This drill emphasizes the ability to get the hips open and shoulders turned to take proper angles to catch fly balls.

