



OUTFIELD PLAY

Mentally alert. Every pitch. Ball hit to me “Check-off”. Slight “hop” as pitch crosses the plate. Every Pitch!

Read the Hitter. Read the Pitcher/Catcher. Know the Situation and Conditions. Coach: Make up these situations and see how they adjust.

Run on balls of feet to keep the ball from “bouncing”.

On balls hit deep, drop step to side ball is hit and cross over. Run with glove “in” until ready for catch.

Catch Fly Ball on glove side, fingers UP, near ear, as glove-side foot lands. Get “behind the ball” and move in for the catch. Throw-side foot crow hops, no extra step needed.

Catch Ground Ball with throw-side foot forward. Keeps body in front of ball and allows the step needed to get the ball up to throwing position. 1 step then crow hop.

Keep both elbows up when throwing. 4 Seams. Point glove to your target.

Always throw through the cut, even if there is no intent on cutting the ball. Keeps runners in place!

Use the Long Hop! Multiple hops are better than a rainbow!

Back up bases! Back up each other. Talk to each other! Be an outfield TEAM! Run to position each inning!

DRILLS

4 Corners Long Hop. Crow hop – pivot foot in front of stride foot.

Drop Step, cross over. Throw over the shoulder, or fly ball that player can circle behind.

Throw 3 balls to outfielders running across, in, or back. They catch, drop the ball and keep running.

Snake pattern / pick up stationary object/ take eyes off ball and pick up again. Incorporate catching over the shoulder.

Ground Balls. Stationary, then moving, then further back. From angles too. Throw into net or to cut.

Fly Balls. Stationary, then moving, then further back. From angles too. Throw into net or to cut.

Foot work: Reverse Pivot on forehand. Breakdown on backhand.

Incorporate throwing to the cut on any drill. Maintain proper feet/throw mechanics.

Have Contests. Make it fun! Make the Competition Meaningful!