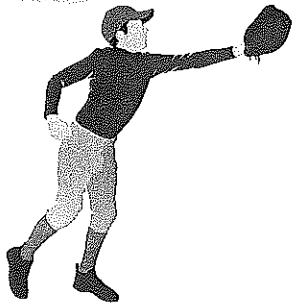


RECEIVER DRILL

Running catches

OUTFIELD

I/G/T



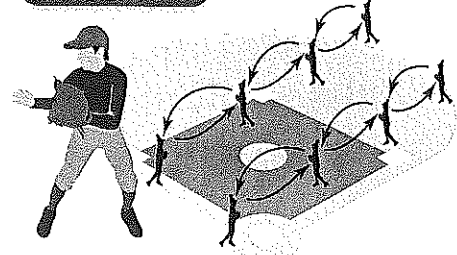
- **Line them up:** Players line up in outfield.
- On "Go!", first player in line runs 10 yards out and then cuts right.
- Coach throws ball out ahead, like quarterback throwing football to receiver.
- **Key Point:** Fast-paced. As soon as ball is thrown, next-in-line is running.
- **Make it a Game:** Mix is up. Throw some short, some over fielders' heads, etc...

RELAY DRILL

Foot and glove positioning

OUTFIELD

G/T



- **Line them up:** Divide players into 2 or 3 lines, spread out so it would take long throw to reach nearest player.
- Show players how they should receive throws (above).
- Begin throwing relays from one end of line to other, and then back.
- **Key Point:** Explain that throws should always be to player's glove side.
- **Make it a Game:** Race between lines, down and back. Rotate after each round.

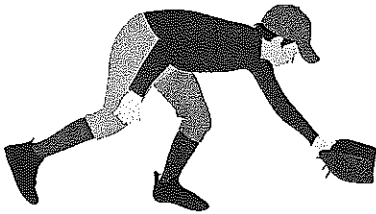
Outfield

SHOESTRING DRILL

Charging balls, running catches

OUTFIELD

I/G/T



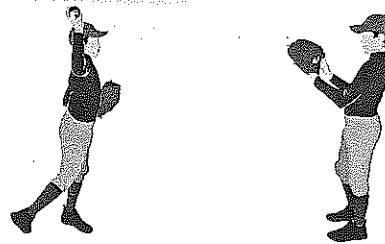
- **Line them up:** Players form 1 or 2 lines in outfield. One coach for each line, kneeling 10-15 yards away, with several baseballs.
- One at a time, players run their fastest towards coach.
- When fielder is approx. 5 feet away, coach tosses ball so that fielder must extend out while running to catch.
- **Key Point:** Players should have to work hard on each catch.
- **Make it a Game:** Give Olympic-style rankings for most spectacular catches.

STEP BACK

Arm strength, throwing accuracy, catching

OUTFIELD

G/T



- **Line them up:** 2 lines, side-by-side in outfield, with partners 10 yards apart.
- On coach's command, players simultaneously throw to partner. Partner returns the throw.
- Each team successfully making both throws and catches take 1 step apart. Teams that missed sit down.
- Continue on, spreading farther apart, until only one pair remains.
- **Key Point:** All players must have properly warmed up arms prior to this drill.
- **Make it a Game:** Switch partners and play again.