

OUTFIELD FIELDING

OBJECTIVE: CONTROLLED MOMENTUM



1. Catch fly balls moving forward
2. Catch with two hands above shoulder on throwing hand side
3. "Crow hop" get feet under you
4. Long arm throw (separate: down, back, up)
5. Always hit the cut-off man

Drills:

1. Fly balls in front, left, right
2. Fly balls over your head, work on drop step and run back, find the ball
3. Back pedal to drop step (L and R)
4. Drop step left, ball thrown to right (spin to keep momentum)
5. Ground balls - Block
6. Ground balls - Field regular
7. Ground balls - "Do or Die" (short hop/in-between)
8. Ins and Outs – roll ground ball/throw over shoulder
9. QB/WR drill – Post patterns
10. Find the fence - Find the ball
11. Field off the fence - crow hop and throw
12. "BALL/I GOT IT" communication ("I got it" over-rules "Ball" call)
13. Three ball drill (outfielder runs backward while coach throws over left shoulder, right, then left again)
14. Five-cone drill w/bucket in the middle
15. From knees – "diving" drill
16. Lots of throwing/long toss/cut offs (150'-200')