



120 MINUTE BASEBALL PRACTICE - OUTFIELD EMPHASIS

Required: 3 coaches, balls, bats, helmets, tees, bases, cones

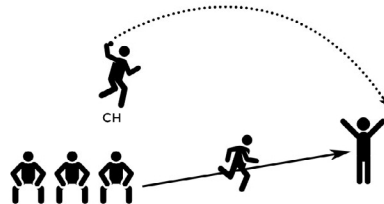


Warmup: 20 Mins (Full Team)

Dynamic Warmup: 10 mins

Skip Forward and Backward. High Knee Runs. Carioca. Butt-kickers. Walking Lunges.

On the Run: 10 mins



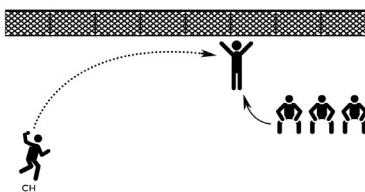
Fielders sprint to catch fly balls on the move

Water Break: 3-5 Minutes (Coaches Set Up Stations)

Stations: 45 Mins (Split Team Into Three Groups and Rotate Through Each Drill For 15 Mins)

Fency Fly:

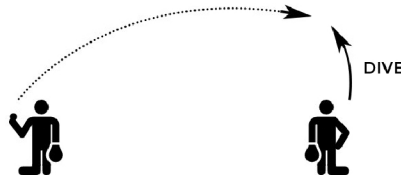
15 mins (Infield)



Fielders practice catching fly balls in close proximity to the fence

Dive Drill:

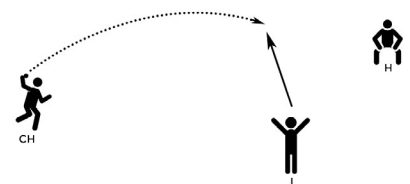
15 mins (Outfield)



Fielders learn to make a diving catch from a kneeling position, then progress to more difficult dives

Interceptor Drill:

15 mins (Outfield)



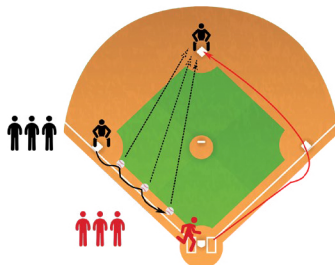
Fielders practice using proper footwork and communication to catch line drives or fly balls in the outfield

Water Break: 3-5 Minutes (Coaches Set Up Stations)

Game Preparation: 45 Mins (Full Team)

3 Ball Throw:

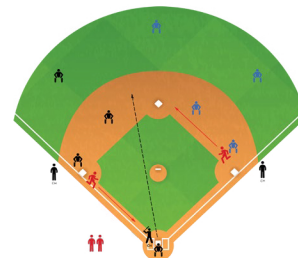
20 mins (Infield)



Players compete to see who can make the longest throw

First and Third:

20 mins (Infield)



Baserunners learn to react to the hit ball and advance