

STRIKE AT HOME

Making good, low throws

I/G/T

OUTFIELD



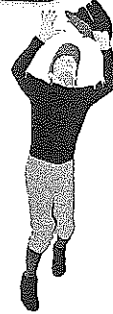
- **Line them up:** All players to centerfield.
- Place ball bucket or equipment bag on home plate.
- Players take turns trying to throw ball that hits object.
- **Key Point:** One, or even 2-bounce throws are more effective than in air.
- **Make it a Game:** Each player gets 3 throws. 4 best advance to semi-finals, followed by championship.

TEAM FLY BALLS

Catching fly balls, making good throws

G/T

OUTFIELD



- **Line them up:** Two teams in outfield. Player or assistant coach catching.
- Hit fly ball to first player on Team 1.
- Player must catch fly ball, then make good throw in. Repeat with Team 2 and so on, alternating.
- **Key Point:** Throw soft-core or tennis balls to younger players.
- **Make it a Game:** Teams get 1 point for catch and 1 point for good throw. First team to 30 points wins.

Outfield & Baserunning

TURNAROUND

Locating fly balls

I/G/T

OUTFIELD



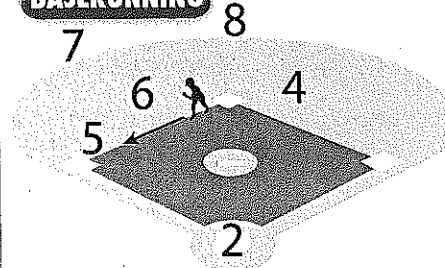
- **Line them up:** Players line up in outfield.
- First player steps forward and turns back toward coach.
- Coach throws high fly ball and says, "Turnaround".
- Player must spin around and look up to make catch.
- **Key Point:** Explain drill properly before 1st time. Younger players can do same drill with grounders.
- **Make it a Game:** Make 2 teams. Count catches.

2ND BASE DECISION

Baserunning decisions

I/G/T

BASERUNNING



- **Line them up:** One player at each infield position. (May choose to omit pitcher and 1st base.) 2-3 players take turns running from 2nd. Divide remaining players equally between left field, center.
- Throw fly balls and ground balls, (base hits), to various locations in outfield.
- Runner at 2nd decides whether to score, tag-up, or get back to base.
- **Key point:** Vary action between fly balls and base hits, both shallow and deep.
- **Make it a game:** Safe at home = 2 points, safe at 3rd = 1, minus 2 if out.