

## DO-OR-DIE

Charging balls hit to outfield

I/G/T

### OUTFIELD



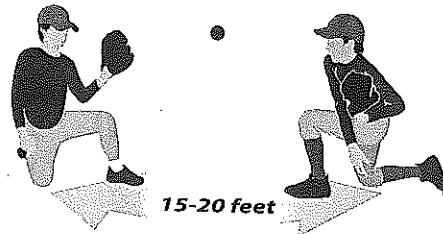
- **Line them up:** Players line up in outfield.
- Hit ball to first player.
- Player charges in and must scoop ball on the run and make throw.
- **Key Point:** Teaches players to attack ball when runner is trying to score.
- **Variation:** Younger players can use drill to learn to charge slowly-hit balls.
- **Make it a Game:** Put baserunners between 2nd and 3rd. See if they can score.

## KNEEL THROW

Arm strength, throwing motion

I/G/T

### OUTFIELD



- **Line them up:** Players line up in outfield with partners 15-20 feet apart.
- Players kneel with glove-side knee up.
- Play catch using only upper-body.
- **Key Point:** Players must rotate upper-bodies for proper throwing mechanics.
- **Make it a Game:** See which pair can catch most in a row.

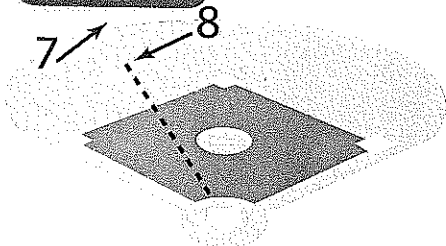
Outfield

## OUTFIELD ANGLES

Cutting off hits to outfield

G/T

### OUTFIELD



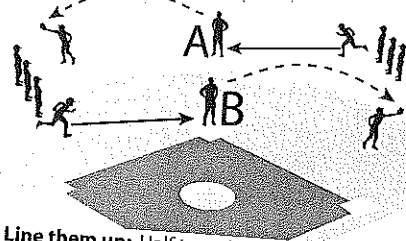
- **Line them up:** One group of players in left field, and another group in center.
- Hit or throw hard groundball between first player in each line.
- One player takes angle to ball. Other player takes angle behind, in case first player misses.
- Object is not to let ball get past both players.
- **Key Point:** Players must communicate so that one backs up the other.
- **Make it a Game:** Four groups, (2 in left make Team A, 2 in right make Team B). Team keeping most from getting by wins.

## OUTFIELD FLY-BY

Running catches, conditioning

T

### OUTFIELD



- **Line them up:** Half team lines up in left field, and 1/2 lines up in right. Two coaches or players (A and B), in center.
- Players take turns running toward coach, and toss him a ball. Coach turns and throws fly ball out ahead of player, who must catch it on the run.
- Players then hand ball off to someone in other line and wait for another turn.
- **Key Point:** Drill is fast-paced. Next-in-line should begin running as soon as coach catches toss from previous player.
- **Make it a Game:** Each line is a team keeping track of their catches. 1st team to X# of catches wins.