



Grayslake Central Rams

outfield progression

GCHS outfield progression

- Set up ready position
- Dry work as a group
- Self toss work
- Drop step right and left
- 45 degree work
- Over the shoulder right and left
- Wrong way turn
- Ground balls go to a knee
- Ground balls do or die

Points of emphasis when working outfield progression

- Step into your ready position
- Catch the ball on the throwing side
- Catch the ball moving towards the base you will throw to
- Catch step and throw
- Catch two hands when stationary
- Catch one handed when on the run to promote full extension
- Drop step and read the height, speed, and angle of the ball
- Communicate mine, mine, mine



Set up and ready position



Dry work as a group



Self Toss Work



Drop step left and right



45 degree angle work



Over the shoulder right and left



Wrong way turn



Ground balls go to a knee

HARDEST OUTFIELD THROWS 2019



Ground balls do or die

- Infielders say ball, ball, ball
- Outfielders say mine, mine, mine
- Outfielders have priority over infielders.
- Centerfield has priority over corners
- Middle infielders have priority over corners

Communication

As players get older hitting the cutoff man becomes more and more important. At the younger ages the fundamentals of throwing and catching are very important. As your outfielders progress add a cutoff man to your drills.



Cutoffs