

FLYBALLS

Retreating (Basic):

Standing about 5' away and facing a coach, outfielder begins in a ready position. Coach says go and the outfielder retreats to his forehand side. He turns sideways and runs away from the coach while looking up. Coach throws a fly ball and the outfielder runs under and catches it. The outfielder focuses on keeping his feet moving, outracing the ball to its ultimate destination, running sideways (never backpedaling), catching the ball overhead with two hands and shifting his feet to throw the ball back to coach. After completing multiple reps to the forehand side, players retreat to the backhand side and repeat.

Charging (Basic):

Standing 50'-100' away and facing a coach, outfielder begins in a ready position. Coach throws a flyball short of the outfielder. Outfielder tracks the ball and works to catch it overhead, using both hands, while moving forward. This teaches the player to generate momentum in the direction of his throw and facilitate a transition from catching to throwing.

Sprint Drill (Intermediate):

Position two cones 50' apart and queue the outfielders at one of the cones. Coach yells go and an outfielder sprints from one cone to the other. As the outfielder approaches the second cone, coach throws a fly ball (leading the outfielder); when the outfielder reaches the second cone, he looks up, locates the ball and runs under it to make the catch. This drill teaches outfielders to chase and locate fly balls while running with their

heads down. Doing that successfully will teach them to cover more ground and increase their range.

Spin Drill (Advanced):

Using the same setup as the Retreating drill, when the coach says go, the outfielder retreats to his forehand side. As he is running away, coach throws a flyball to the backhand side. Upon seeing the ball on the other side of his body, the outfielder spins to the outside, changes course, runs under the ball and makes the catch. This is a difficult skill and to do it properly, the outfielder should first turn his head to the outside and locate the ball, then turn his body and follow its trajectory. Turning to the outside requires the player to re-locate the ball but, turning to the inside makes it very difficult to retain balance and change direction. After completing multiple reps, repeat the drill by starting to the backhand side then spinning to the forehand side.

GROUNDERS

Grounders — Knee Drill (Basic):

Coach hits a ground ball to the outfielder. Outfielder charges the ball, squares his body to the ball, drops to one knee, fields the grounder and throws it back to the coach.

Grounders — Standard (Basic):

Coach hits a ground ball to the outfielder. Outfielder charges the ball, fields the grounder in a neutral posture (similar to an infielder) and

GROUNDERS (CONT.)

throws it back to the coach.

Grounders — Charging Drill (Advanced):

Coach hits a ground ball to the outfielder. Outfielder charges the ball aggressively with his glove down. For a right-handed player, the fingertips of the left (glove) hand should be touching the ground as the left foot steps toward the ball. As the outfielder pulls the ball into his body, he steps with his right foot behind his left ("crow hop"), squares his left shoulder to the target and completes the throw back to the coach.

Grounders — Curl Drills (Advanced):

Coach hits ground balls slightly past and to the right or left of the outfielder. The outfielders run a curl pattern around the back of the ball so they field it coming forward in a throwing position aligned with his target. After fielding the ball, outfielder crow hops and throws it back to the coach.

Grounders — Backup Drill (Advanced):

Set up with 2 left fielders, 1 centerfielder and 2 right fielders. Coach hits ball to the left-centerfield gap, a left fielder and the centerfielder converge on the ball. Based on proximity, players recognize who should field the ball and who should run to a backup position. The player fielding the ball runs a curl to the ball, crow hops and throws the ball back to coach. After the try is complete, the outfielders swap their original positions. Coach hits the next try, into the right-centerfield gap, a right fielder and the centerfielder converge on the ball and repeat the drill.