



# Buffalo Hanover Baseball Association

## Outfield Drills

**Last part of Throwing Warmups**

- Ball In glove series- 2-3 Minutes
  - Overhead and Ground ball- Focus on offset to the glove side
    - Incorporate crow hops, etc.

**Outfield Drills- All Options 5 minutes**

- Barehand flyballs- Left, Right, Overhead
  - Player flips ball to coach, whatever hand the coach catches with player breaks that way
- Roll Ground balls- Gloves on
  - Player focus on getting around the ball-
- Fly ball communication
  - 2 lines- Throw ball around center and let players make call
    - Simulates LF-CF and CF-RF
- 3 Ball Drill
  - Point to direction player moves, catches ball, pivots to opposite direction, comes in on the last ball to simulate Line Drive.
- Line Drive vs Flyball-
  - Throw line drives and fly balls
    - Teachable- Ball below eyes come in, ball above eyes 1<sup>st</sup> step back
- Always throw 1 base ahead of runner
  - Never throw ball into the pitcher from the OF, needs to hit cut, cut throws to 1 base ahead of runner to pitcher. NO EXCEPTIONS.
- Ball at fence drill- Point to ball when going to it.
  - Ball stationary- Bare hand-shuffle throw to cut
  - Ball Moving – Use Glove pivot and throw to cut
- Foul Ball Drill
  - Use foul area- gets players use to finding fence and catching free outs.