

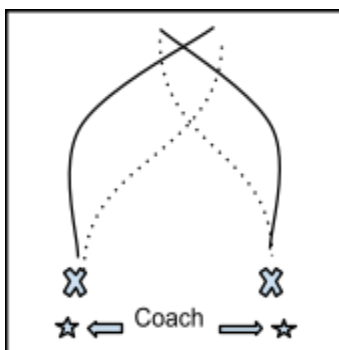
Outfield Drills

1. Warm Up:

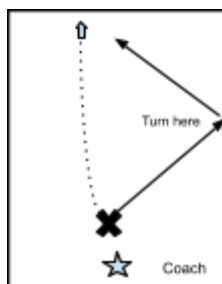
- a. **Foot Planted Drill**- Partners rolls back back and forth. Player receives ball on glove side on the inside of their foot. Starts out square but leans forward when ball comes near them.
- b. **Ground Ball Drill w/ crow hop**- Player receives ground ball on glove side next to foot and crow hops without throwing.
 - i. Key Notes: Crow hop gains ground toward player not up in the air.
- c. **Movement Scoops without ball**- Players practice receiving ball on glove side with movement about 15ft and then return back to beginning.
- d. **Fly Ball Crow Hop without ball**- Players simulate catching fly ball, on the glove side of body and crow hop through the throw.
- e. **Point Drill**- Player 1 is the outfielder the other player is the director. Player 2 (director) points to back right, left and in front right, left. Working on drop steps and short balls.

2. Practice Drills:

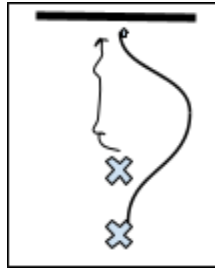
- a. **Post Drill**- Players run a post pattern and catch fly ball. Alternate throws from coach to coach.



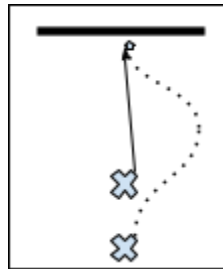
- b. **Zig Zag Drill**- Players run to a spot looking at the coach, when he moves his other arm, the player turns the opposite way. (Can turn glove side or arm side with jump turn.)



- c. **Ball off the Wall Drill-** Player simulates playing a ball off the wall in the outfield. Player 1 starts with their back turned to the wall, player 2 will toss the ball against the net, player 1 then runs to get the ball. Pitch forks ball and crow hops to throw.



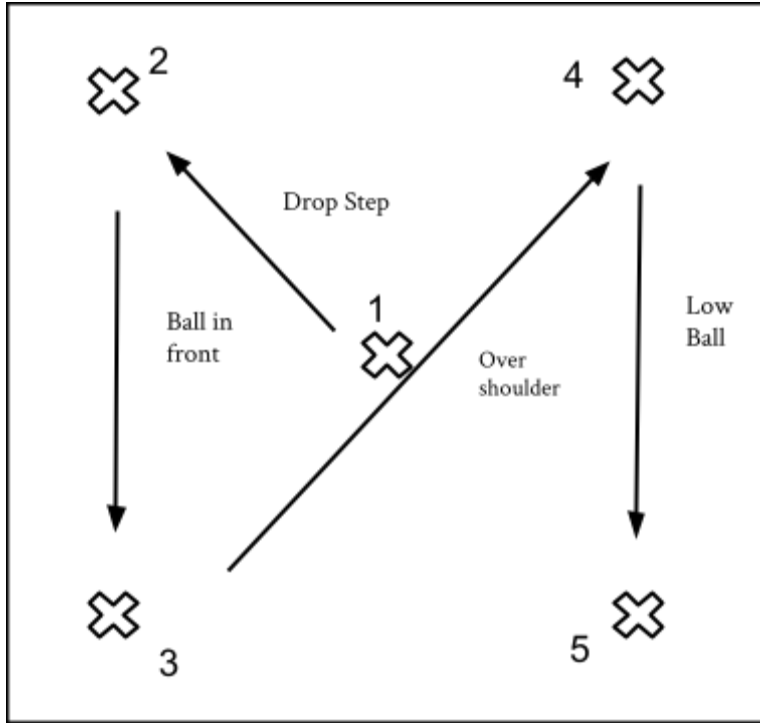
- d. **Find the Wall Drill-** Player simulates finding the fence in the game for a fly ball. Player 1 starts with their back turned to the wall, player 2 tosses the ball once player 1 reaches and find the wall. Crow hop with the throw.



- e. **Do or Die Drill-** Player sprints toward the coach who tosses a ball in front of the player.



- f. **Four Corners Drill-** One player starts in the middle and has 4 players on the outside in a square. The player in the middle starts by running to the upper left part of the square and receives a fly ball, next the player receives a ball in front of him, next receives a ball to the back right and another ball in front of them. The coach will be tossing the ball to the player each time.



g. Cut Off Man Drill- This is a 2 player drill for the outfielders. Players face each other, while the ball is placed about 15 ft from them. The player who's back is facing the ball will run and pick up the ball with a pitch fork grip when their partner says go. The player saying go will move to the left or right when the other player runs to get the ball. They will practice finding the cut off man and throwing to them.