

OUTFIELD FIELDING

OBJECTIVE: CONTROLLED MOMENTUM



1. Catch fly balls moving forward
2. Catch with two hands on throwing hand side
3. "Crow hop" get feet under you
4. Long arm throw (separate: down, back, up)
5. Always hit the cut-off man

Drills:

1. Fly balls in front, left, right
2. Fly balls over your head, work on drop step and run back, find the ball
3. Ground balls - Block
4. Ground balls - Field regular
5. Ground balls - "Do or Die"
6. Ins and Outs – roll ground ball/throw over shoulder
7. QB/WR drill - Start looking over right shoulder and adjust to ball over left shoulder.
8. Find the fence - Find the ball
9. Field off the fence - crow hop and throw
10. "BALL/I GOT IT" communication
11. Three ball drill (outfielder runs backward while coach throws over left shoulder, right, then left again)