

COAST TO COAST TURF BASEBALL

Outfielder Drill Series – Fundamental Drills

A set of drills for outfielders to do on a daily basis. Choose 1-3 drills to do each day, with emphasis on drills that replicate more common plays.

Drill 1: Fence Drills - In LF working on fence communication and going back on a fly ball. One OF in LCF yelling "track" at the proper time when the OF is 5-6 full strides away from fence. Other OFs will be lined up about 90 feet in front of the fence. Coach throws high fly ball near the fence with the outfielders alternating going after the ball properly, listening to the communicating OF.

Drill 2: Going Back on Fly Balls - OFs in LCF working on the mechanics of going back on fly balls. OFs alternate. Coach throws ball over OF's head.

Drill 3: Do-Or-Die Groundballs - OFs in deep CF charging ground balls with possible play at 3b or home. All do-or-die plays. Coach hits ball from 2b. OF will fake the throw to 3b or home plate then throw ball back to coach.

Drill 4: Gap Communication - OFs will work in LF & CF and CF & RF. Communicate on balls that can be caught. Also work on paths to the ball so CF catches the ball below the waist and corner OF catches the ball above the waist to create space between them. Coach throws ball from behind 2b or behind SS.

Drill 5: Lateral Groundballs - OF's will work on going to their right and left on groundballs. OFs will simulate runner at 1b and decide if they have moved lateral enough so ball goes to 2b, or if ball is in front of them enough to warrant throw to 3b. Coach will hit ball from behind 2b position.

Drill 6: Balls on Ground Against the Fence - OF's will work on going back on the ball and field the ball against the fence on the track. OFs will work on picking the ball up properly and throwing it to a relay man (coach or manager). Coach can either hit or throw the ball against the fence.

Drill 7: Flyball Footwork - OFs in CF working on catching flyballs properly and getting in position to throw. OFs will throw the ball to each. One OF throws a high flyball while the other throws the ball back as if hitting a relay man. Switch after 5 throws. OFs 150ft apart.

Drill 8: Groundball Footwork - OFs in CF working on fielding groundballs. Work on getting to the ball at the proper angle and fielding the ball properly to throw to a base or plate. Partners will throw ball to each other from about 150 feet apart.

Drill 9: Fungo Fly Balls - OFs in CF taking fly balls off a fungo bat from a coach on the LF or RF line.

Drill 10: 4-Corner Drill - OFs will spread out in a 4-corner square formation about 120 feet apart from each other. Coach will fungo ball towards middle of square. OFs will work on communication and priority of catching the ball.

Drill 11: Line Drives - OFs in deep CF. Coach will use hummer machine to send line drives at OFs. OFs will take proper angle towards ball, stay below the line drive if possible, and work on footwork during catch and throw. Ball goes back to bucket near other OFs.

Drill 12: Texas Leaguers - OFs in CF. Coach will use hummer machine to send low fly balls towards OFs. Ball goes back to bucket near OFs.

Drill 13: Backhand Pop-Up Slide Groundball Technique - OFs in CF. Balls hit to their backhand side. Outfielders will take aggressive route to cut ball off and use pop-up slide to stop ball from getting by them. OF will use pop-up technique to get to throw position and throw to relay man as quick as possible. Coach will hit balls from behind 2b.

Drill 14: Do-or-Dive Fly Balls - OFs in CF. Coach will stand about 60 feet from group and as OFs run to the left, right, or straight ahead, toss the ball in a catchable diving location. OFs will work on diving after ball and getting back to their feet and throwing position.

Drill 15: Foul Ball Fence Balls - OFs in RF or LF working on catching flyballs against foul ball fence line. Coach can throw or hit ball from 1b or 3b apron area.

Drill 16: Corner Balls - OFs in RF corner or LF corner. OFs work on ball hit into corner of field and playing ball off the fence and various ricochets. Take proper angle and depth on ball and use proper fielding technique to get to good throw position. OFs throw ball to relay man / coach.