

COAST TO COAST TURF BASEBALL

OUTFIELDER DRILL SERIES

AGILITY DRILLS: Agility drills are to be done a couple times a month during individual drill sessions. Drills are meant to work on basic outfielder footwork, and build confidence in the ability to position the body when catching the baseball.

1. SLANT DRILLS – WITH 4 CONES 10-15 YARDS APART AND 5-10 YARDS DEEP, PLAYERS START AT ONE CORNER AND RUN AT AN ANGLE TOWARDS THE OTHER CORNER. WORK YOUR WAY IN, STAY AT THAT CONE, THEN WORK YOUR WAY BACK. SWITCH CONES TO SWITCH ANGLES.

- a. run diagonally 10-15 yards
- b. alternate throws from high to low for various catch angles – make player catch ball at shoestrings

2. FACE DOWN DRILL

- a. start laying down with chest on the ground
- b. when ball is thrown, bounce up and track the ball
- c. works on finding the ball and positioning the body to make the catch

3. FACE DOWN – FORWARD ROLL DRILL

- a. start laying down with chest on the ground
- b. when ball is thrown, or at coaches call, get up and do a forward roll
- c. works on finding the ball and positioning the body to make the catch

4. TURN AROUND DRILL

- a. start with back to coach
- b. on coach's call, turn towards coach and find the ball in the air to make the catch

5. CHANGE OF DIRECTION DRILL

- a. run one direction for 5-10 yards
- b. coach will throw the ball in a different direction
- c. outfielder will use head turn or pivot turn to position himself to catch the baseball
- d. two styles of turn: turn-away (head turn) and turn-in (pivot turn)
- e. turn-away is the quickest way to get to ball

6. BEHIND THE BACK DRILL

- a. throw routine fly-balls
- b. outfielder will catch the ball behind his back
- c. builds confidence in body positioning

7. LORD HAVE MERCY DRILL

- a. throw routine fly-balls
- b. outfielder will catch ball between his legs