

Outfield Drills

Outfielder Mechanics – Prior to drills, teach players necessary mechanics to field ground balls, throw to bases, catch fly balls, etc.

Balls on Ground Series

- **Infield Drills** – Have Outfielder do any/all of the Infield Drills; train Outfielders like Infielders so they become proficient at footwork and ground balls.
- **Outfield Ground Balls – Roll** – Outfielders on one line (don't need to be in their positions). Coach rolls ground balls to outfielders. Outfielders field ground ball, first using "Nobody on base" technique (field ball like an infielder) and then "Runner(s) on base" technique (charge ball aggressively, lower hips and head, glove on ground, field ball in front of and outside glove foot). No throws; focus on proper fielding technique.
- **Outfield Ground Balls – Fungo** – Same drill as above but now coach fungoes ground balls.
- **Outfield Ground Balls with Throws** – Coach fungoes ground balls (nobody on, runners on base) and outfielder fields with proper technique and throws ball to "receiver" next to coach.
- **Outfielders in Position** – Outfielders in position (LF, CF, RF). Coach tells situation (where runners are), fungoes ground balls and outfielders field with proper technique and throw to proper base. First do this with no runners so outfielders can focus on technique. Then can add live runners.
- **Balls in the Gap** – Outfielders in one line, coach throws or fungoes ground ball well to left or right, in gap. Outfielder takes proper path to field ball and get in position to throw.
- **Balls at Fence** – This is to practice playing a ball that has rolled to fence. Teach outfielder to, without panic, get to ball quickly, get head over ball and ball centered under body, pick up barehanded, and make accurate throw to relay man. Drill – one line of outfielders, coach throws or fungoes ball to fence, outfielder chases, picks up, throws.

Balls in the Air Series

- **Coach Beside Player Pop-Ups** – Coach stands literally next to player and tosses easy pop-up straight up. This is an essential drill for younger players to learn how to catch ball with fingers pointing upward and back of glove toward face (as opposed to "basket catch"). Can use Incrediballs or tennis balls to remove fear/injury factor.
- **Self-Toss Pop-Ups** – Player tosses herself/himself pop-up and works on getting behind ball, move forward, and catch with proper technique.
- **Coach Toss Pop-Ups** – Players stand 10 feet from coach who throws easy pop-ups so players can work on proper technique (and not have to worry about judging difficult fly ball).
- **Outfield Drill Series** – 1) Player stands facing coach, just 3 feet away. Coach points left or right and says "go". Player makes drop step and breaks back at 45 degree angle. Coach tosses fly ball and player works on "beating ball to the spot" (not drifting), getting behind the ball, catching with proper technique, and making strong throw to next player in line. 2) Same set up but now when player breaks 45 degrees in one direction (say to his left), coach throws fly ball back to player's right. Player has to use proper footwork and track ball to make catch, throw. 3) Same set up but now player opens full 90 degrees to go back on ball directly over his head. Coach throws fly ball directly behind player. Player should practice drop step ("open the gate") with both left and right foot.

- **Shoestring Drill** – Players stand in line 60 feet from coach and on coach's signal, run hard toward him. Coach throws low line drive so player has to make "shoestring" catch or, if ball bounces, keep it in front of him/her.
- **Rising Liner Drill** – Same set up as Shoestring Drill but now, as player runs toward coach, coach throws a line drive head high or higher (this simulates player coming in hard for ball that carries higher/further than expected). Player must use athleticism to make the play! Note: both Shoestring Drill and Rising Liner Drill can be done with coach hitting balls with tennis racquet. Probably not use fungo; difficult to control just the right kind of hit.
- **Frisbee Drill** – This is done just like the Outfield Series Drills but instead of throwing a ball, coach throws Frisbee. Great practice in tracking "ball" and making adjustments to Frisbee, which simulates adjustments to misread or wind-blown balls. Fun for players, too.
- **Fungo Fly Balls** – One line of players (but not in their positions); coach hits fly balls to one player at a time (coach can use fungo or tennis racquet with Tuffy or tennis balls). At first, make them easier, routine fly balls. Then can work on fly balls to left and right.
- **Fly Balls in Position** – Outfielders in LF, CF, RF. Coach fungoes fly balls (or ground balls, line drives) so players get used to angles and perspective.
- **Fly Balls in Position with Throws** – Outfielders in LF, CF, RF. Coach fungoes fly balls (or ground balls, line drives); outfielders field balls and throw to designated bases.
- **Fly Ball Communication** – Players in 2 lines, about 60 feet apart; coach fungoes or throws fly balls and players have to communicate. Rule is do not call for ball until you know you will catch it. Call at least twice with whatever terminology you choose ("I got it" or "Ball"). Other player moves out of way. In this drill, designate one line as CF and other line as RF/LF; Center fielder has priority.
- **Cutoffs and Relays** – Do with no runners and then with live runners. Full Defense. Coach fungoes balls to OF who make throws to 2nd, 3rd, home, using whatever cutoff and relay system you choose (for example, some coaches have the pitcher take all relays to home, some use shortstop).
- **Fly Ball / Pop Up Communication Drill** – Full defense with outfielders playing shallow. Fungo (or tennis racquet) pop-ups and fly balls between outfielders or between infielder and outfielder.
- **Purdue Hustle Drill** – Don't know why it's called this, but great drill for outfielders and baserunners. Put runners at home plate, full outfield defense, and one middle infielder. Coach fungoes ball to outfield and runner MUST try to get to 2nd base. Good practice for outfielders fielding/throwing and infielders making tags. Then do same with runners on 1st who have to try for 3rd base while OF makes throw.