

# DEVELOPING OUTSTANDING OUTFIELDERS

- I. Importance of Outfield Play
  - Good outfield play/What is it?
    - >backing up
    - >throwing to the right base
    - >making the routine catch
    - >understanding communications
    - >knowing and remembering hitters/situations
  
- II. Catching Fly Balls
  - >Run on toes
  - >Set up behind the ball
  - >Throwing side shoulder
  - >Reverse drop step vs. spin
  - >Tennis ball drill
  - >Long/short drill
  - >Blind drill
  
- III. Angles to Balls
  - One of the most important fundamentals an outfielder can learn
    - >ready position
    - >learning the drop step
    - >cross over
    - >pumping arms running after ball

- taking balls from home plate
  - >Bucket to bucket
  - >Communication
    - infield
    - outfield

#### IV. Backing up

- anticipating where the play will be made
- not too close to play so you can react
- bad throw drill

#### V. Diving & Sliding Catches

- when to dive
  - >going down the lines
  - >pop up vs. line drive
  - >Popcorn drill

#### VI. Ground Balls

- Basic
- Protection
- Do or Die
  - >chopping steps to get under control
  - >Crow Hop vs. Shuffle or drive step

## VII. Throwing

- Four seams
- long hops to bases
  - >Working on two hops
  - >Bucket drill
  - >Long toss everyday during warm up
- Relay throws

## VIII. Fence work

- fly balls off fence vs. wall
- picking up ball against wall
- finding the fence/outfield communication