

## DRILLS DESIGNED FOR OUTFIELD

### I Triangle

- A. What's needed to run the drill
  1. (1) Ball thrower with a glove
  2. (2) cones
  3. (2-4) balls
  4. Suitable space
  5. 1 participant at a time
  
- B. Benefits of the drill
  1. Incorporates different fielding techniques
  2. Challenges athletes speed
  3. Conditioning
  4. Challenges aggressiveness
  
- C. How to run the drill
  1. Fielder begins in the middle of the triangle, with the person running the drill as the top/tip of the triangle. The cones are placed as the bottom points of the triangle.
  2. The fielder runs (sprints) towards the top of the triangle and the person running the drill tosses a ball for a diving/shoestring catch. The fielder makes the catch and tosses the ball back to the person running the drill.
  3. The fielder then takes off running towards the left bottom point of the triangle, and the person running the drill throws a fly ball over the left shoulder for an over the shoulder catch. The fielder makes the catch, and makes a great throw back to the person running the drill.
  4. The person running the drill then rolls a ground ball towards the outside of the cone, while the runner is running inside the cone and then looking for the ground ball to scoop and make a throw back to the person running the drill.
  5. The fielder then runs towards the top of the triangle for another diving catch.
  6. The fielder then repeats steps 1-5 on the right side of the triangle. Ending the drill with a diving catch.

### II. Hotbox

- A. What's needed to run the drill
  1. (2) hitters to hit groundballs
  2. (2) players to receive the throw from the fielder
  3. (1) fielder
  4. (2) buckets of balls
  5. Adequate space

- B. Benefits of the drill
  1. Quick reaction
  2. Fielding ground balls
  3. Making good throws
  4. Conditioning
  
- C. How to run the drill
  1. Place the two hitters a good distance from each other, with one hitter on the first base line, and the other in between short and third. The hitters face each other, while the fielder is placed in the middle of the two hitters to form a straight line. The two receivers stand next to the hitters to hand the hitter a ball and receive the throw from the fielder.
  
  2. The fielder faces one hitter and receives a ground ball from the hitter. The fielder fields the ground ball, makes a throw to the receiver, and turns to receive a ground ball from the other hitter, makes a throw to the receiver standing next to that hitter. The fielder repeats this action until coach says "STOP!"

### III. Popcorn

- A. What's needed to run the drill
  1. (1) ball handler
  2. (2) fielders
  3. (1) visible square
  4. (1) bucket of balls
  
- B. Benefits of the drill
  1. Practice communicating and calling the ball
  2. Competition
  3. Practice diving
  4. Quick first steps
  
- C. How to run the drill
  1. Identify the square so that the fielders know the boundaries of the drill
  2. The person running the drill has a bucket of balls directly to the side of them so that they are easy to grab. The fielders are placed inside the square either side by side, or front and back. All balls are tossed inside the square.
  3. The drill begins with the ball handler throwing the ball in the air insider the square, one of the fielders then calls the ball. While that fielder is calling the ball the other fielder is looking for the next ball that is immediately being tossed up to be caught. The fielders are calling the ball, tossing the ball outside the square and getting ready for another ball. The person tossing the balls does NOT wait for the

fielders to set up. The idea of the game is to get the fielders to communicate trying to avoid going after the same ball.

4. The person tossing the ball should make the fielders move all over the place, diving to the side, catching balls over the head, and diving for balls in front of them.
- \*. It's important that the fielders toss the balls outside the square to avoid diving on the balls, or stepping on the balls. People can stand on the outside don't get outside the square.

#### IV. Tree

##### A. What's needed to run the drill

1. One coach/ball handler
2. Entire outfield
3. Each outfielder starts with a ball

##### B. Benefits of the drill

1. Quick footwork
2. Angles
3. Catching ball over the shoulder
4. Getting rid of the ball

##### C. How to run the drill

1. Coach identifies the angles to the left and right sides (45/60/75/90 degrees) or identify areas to take angles
2. Coach faces the outfield and with a glove and prepares to receive a toss from the first outfielder in line.
3. The outfielder takes off running at the angle specified, receives a thrown fly ball over the shoulder, the fielder catches the ball and runs back to the line with the ball in the hand. The next outfielder in line immediately repeats the same action from the outfielder in front of them.
4. Complete all angles on one side and repeat entire drill going the opposite direction.

#### V. 4 ball cross drill

##### A. What's needed to run the drill

1. One coach/ball handler
2. One person receiving the throws from the outfielder and feeding the coach the balls
3. One outfielder fielding at a time
4. Limited space

B. Benefits of the drill

1. Quick feet
2. Conditioning
3. Focus
4. Diving

C. How to run the drill

1. The coach or ball handler and throw receiver stands facing the outfielder.
2. The coach points at a direction sending the outfielder back to catch a ball over the shoulder.
3. The fielder catches the ball and throws the ball to the receiver.
4. The coach immediately brings the outfielder in for a diving catch.
5. The drill continues for four throws, changing the angles and keeping continuous movement. A cross is designed to give an idea of four angles and keeping the outfielder moving in different directions.

VI. UP/Backs

A. What's needed to run this drill

1. (3) ball handlers/receivers
2. The entire outfield/makeshift outfield
3. (6) Ball, possibly 3 in case of bad throws
4. Entire outfield starting on the line in left field or right

B. Benefits of the drill

1. Work on angles
2. Fielding different types of hits
3. Accurate throwing
4. Footwork

C. How to run the drill

1. Each ball handler/receiver starts at a base (1<sup>st</sup>/2<sup>nd</sup>/ 3<sup>rd</sup>).
2. The ball handlers each have two balls and a glove, and they face the outfield.
3. The first outfielder begins on the line in left field looking at the ball handler starting at 3<sup>rd</sup> base.
4. The outfielder runs towards the person at 3<sup>rd</sup> looking for a short diving ball. They throw the ball back to the tosser, and the same tosser throws a ball over the left shoulder for a deep ball. The fielder throws the ball back to the same tosser.
5. The same fielder then looks for short/diving ball from the tosser at 2<sup>nd</sup> base. They field the ball and throw it back to the same tosser. The tosser immediately throws the ball over the left shoulder for a deep ball. The fielder throws the ball back to the same tosser and looks for a short/diving ball from the ball handler standing at first.

NOTE: When the first outfielder gets two balls from the ball handler standing at 3<sup>rd</sup> base, they immediately look for balls coming from the person standing at second, then at

1<sup>st</sup>. After first person gets two balls from the handler at 3<sup>rd</sup> base, the next person in line immediately goes. All the outfielders will end up on the right field line, and then you can repeat the drill working you way back to left field.