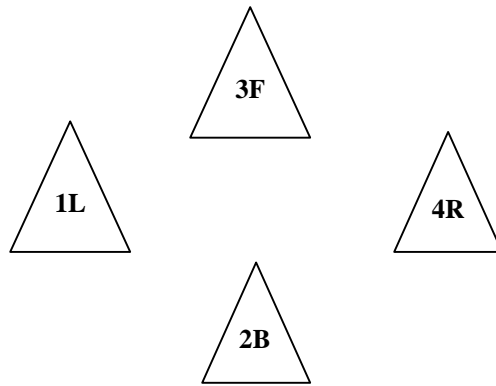


The Edmonds Drill

Testing Outfield Range – Fly Balls

- ❖ Player lines up in a game-like ready position at the specified cone and then reacts to the ball as it comes out of the machine.
- ❖ Player is judged on range - attempts, touched, controlled – Optional throw to 2nd Base
- ❖ 3 attempts at each distance. Must have 2 catches before backing up.



1 pt			2 pts			3 pts			1 pt			2 pts			3 pts						
Range	Attempt	Touched	Catch	T	T	T	Range	Attempt	Touched	Catch	T	T	T	Range	Attempt	Touched	Catch	T	T	T	
C - 1				1	2	3	C - 3				1	2	3					1	2	3	
35							35														
40							40														
45							45														
50							50														
Range	Attempt	Touched	Catch	T	T	T	Range	Attempt	Touched	Catch	T	T	T	Range	Attempt	Touched	Catch	T	T	T	
C - 2				1	2	3	C - 4				1	2	3					1	2	3	
25							35														
30							40														
35							45														
40							50														
45																					

Cone 1: Fscore: _____ Tavg: _____ Range: _____ Cone 2: Fscore: _____ Tavg: _____ Range: _____

Cone 3: Fscore: _____ Tavg: _____ Range: _____ Cone 4: Fscore: _____ Tavg: _____ Range: _____

Total Score: _____ Range Score: _____ Throwing Avg: _____