

Outfielding Drills

Footwork Drills: Used to practise quick starts in all directions. The outfielder stands in their regular stance while the coach tosses balls to their left, right, and then over their head. This drill should be practised until the cross-over steps are mastered.

Ground Ball Drills: Gives the outfielders practice in picking up ground balls using the different methods. Players should charge every ground ball. The coach may either throw or hit ground balls in this drill. Throwing drills may also be included with this drill (i.e. throw to the cut-off person after fielding the ground ball).

High Fly Balls: Allow the outfielder time to get under the ball, come in on it, and practise proper receiving and throwing positions.

Left or Right Fly Balls: Line up outfielders on one side of the field and hit balls to the other side. Repeat going the other way. Outfielders should be in the ready position every time.

Over the Head Fly Balls: Outfielders line up fairly shallow and the coach hits the ball over their head alternating which shoulder of the player you hit the ball over. Make sure that proper foot work is maintained.

Line Drives: Hit line drives to improve player judgement and practise the proper method of receiving low line drives (glove fingers pointed down).

Balls in the Sun: Line up outfielders facing the sun. Hit fly balls to them and have them use their gloves to shade the sun. If sunglasses are available use them as well.

Throwing Drills: Proper throwing techniques are incorporated into all of these drills. Upon catching the ball, players can be instructed to throw the ball to a designated area.