



## ***10 Indoor/Outdoor Drills to Develop Outfielders***

	<b><i>Drill</i></b>	<b><i>Works on ...</i></b>	<b><i>How to</i></b>
<b><i>1</i></b>	<b><i>Foot Forward Drill</i></b>	<ul style="list-style-type: none"><li>• Basic catching fundamentals</li><li>• Improves the footwork and timing of the catch and transition to throwing</li><li>• Promotes getting behind the ball and squaring up to the infield on the catch.</li><li>• Decreases the steps of the catch and throw process</li></ul>	A ball is lobbed in the air to the outfielder who positions himself so as to be able to step forward with his glove side foot and land with it at the exact same time the ball is caught.
<b><i>2</i></b>	<b><i>Long Toss Relay Drill</i></b>	<ul style="list-style-type: none"><li>• Proper timing and footwork to and through the ball</li><li>• Proper outfield throwing mechanics</li><li>• Accuracy</li></ul>	This uses multiple players in a continuous relay. All players line up in the far end of a gym. The first player in line crow hops and throws to a spot on the far wall. The ball rebounds off the wall and bounces towards the next player who charges, fields, and throws to the same spot on the wall using the proper footwork to and through the ball and proper throwing mechanics as well. The relay continues like that through all the players until time is up or when each player has gone a specified amount of times.

<b>3</b>	<b><i>Dive Bomber Drill</i></b>	<ul style="list-style-type: none"> <li>• Catching the ball while running</li> <li>• Proper running technique</li> <li>• Improves outfield range</li> <li>• Improves angles and lines to the ball</li> </ul>	A player jogs to a coach, tosses a ball when close, runs around the coach, and goes out for a football style pass. The ball is thrown so the player must track the ball down and catch on the move. Players should do a few reps from both sides of the coach to practice catching balls over both shoulders.
<b>4</b>	<b><i>Across the middle Drill</i></b>	<ul style="list-style-type: none"> <li>• Catching the ball while running</li> <li>• Proper running technique</li> <li>• Range</li> </ul>	The player sets up about 20 feet left of the partner/coach. The player runs straight ahead about 15-20 yards and makes a sharp right turn and proceeds across the middle. The partner/coach throws a line-drive pass leading the player so he has to catch on the run. After a few reps, the player sets up on the other side of the partner/coach to receive throws while going across in the other direction.
<b>5</b>	<b><i>Drop Step/Hop Step Drill</i></b>	<ul style="list-style-type: none"> <li>• Catching the ball while running</li> <li>• Proper running technique</li> <li>• 1<sup>st</sup> step mechanics and quickness</li> <li>• Range</li> <li>• Improves angles to the ball</li> </ul>	A ball is thrown by a partner or coach over one of the player's shoulders. The player drop steps (or hop steps) and tracks down the fly ball and makes the catch. Balls can be thrown over both shoulders to work on drop steps (or hop steps) to both sides.
<b>6</b>	<b><i>Zig-Zag Drill</i></b>	<ul style="list-style-type: none"> <li>• Catching the ball while running</li> <li>• Proper running technique</li> <li>• 1<sup>st</sup> step mechanics and quickness</li> <li>• Correctly adjusting to changes in the fly ball</li> <li>• Range</li> </ul>	This drill is similar to the Drop Step Drill. The player drop steps to one side. The partner/coach then tosses the ball to the other side. The player whips his head around (temporarily losing sight of the ball) and turns to go after the ball in the other direction.

<b>7</b>	<b>4 Cone In Drill</b>	<ul style="list-style-type: none"> <li>• Catching the ball while running</li> <li>• Proper running technique</li> <li>• 1<sup>st</sup> step mechanics and quickness</li> <li>• Range</li> </ul>	Four cones are set up forming a square with each side about 20-30 feet. The player sets up next to one of the cones. The partner/coach lobs a ball to the center of the square. The player breaks towards the center using the proper first step based on what direction they are moving from and makes the catch. The player alternates cones to change the direction from which they are traveling.
<b>8</b>	<b>Corner Drill</b>	<ul style="list-style-type: none"> <li>• Better angles and lines to the ball</li> <li>• Proper footwork technique and timing to the ball and throughout the catching and throwing process</li> <li>• First step quickness</li> <li>• Throwing mechanics and accuracy (if added)</li> </ul>	If done in a gym, the outfielder(s) line up in the corner of one side of the gym. A coach (in the opposite corner in the other side of the gym) rolls a ball to the vacant corner on the players' side. The outfielder runs to cut the ball off. After getting to the ball the outfielder spins and throws to a cut off man in the far corner of the gym. Outfielders should do the drill in both directions. This play mimics a ball hit to the gaps or corners where the outfielder must cut the ball off and return it to the infield quickly.
<b>9</b>	<b>Back to the fence Drill</b>	<ul style="list-style-type: none"> <li>• Proper running technique</li> <li>• Proper footwork to the correct side of the ball.</li> <li>• Quick return to the infield</li> </ul>	An outfielder sets up about 20-30 feet away from an outfield wall or fence. A partner/coach throws a ball over the outfielder so that it rolls to the fence. The outfielder goes after the ball and fields it off the fence. If the outfielder is right handed, he should be sure to get to the right side of the ball when fielding. If left handed, he should get to the left. Players should also focus on getting to the ball as fast as possible and throw the ball back to the infield as fast as possible as well.

10	<b>Web Gem Drill</b>	<ul style="list-style-type: none"> <li>• Eye/hand coordination on the catch</li> <li>• Better angles and lines to the ball</li> <li>• First step quickness</li> <li>• Footwork timing on the jump</li> <li>• Reading balls hit to the fence</li> </ul>	<p>Have the player set up about 20-25 feet from a wall or fence. The player breaks to the wall/fence and a partner/coach lobs a ball so that the player is able to jump and catch the ball up against or just over the wall/fence. After a few reps, have the player break to the wall/fence from a different angle. To promote safety, be sure to pick a wall/fence that does not have any protruding parts that can hurt a player who jump into it to catch.</p>
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**Contact Coach McCreary at [BaseballByTheYard@gmail.com](mailto:BaseballByTheYard@gmail.com) with any questions!**

***Best of luck!***