Developing Dynamic Outfielders
Introduction
If you attend most youth, travel, high school, or even college practices you will likely observe that outfield practice consists of outfielders standing in a line while a coach hits fungo fly balls to them. While this activity is not without merit, there are many nuisances of playing outfield that are generally overlooked by coaches. We simply assume that if a player can catch a fly ball, they can play the outfield. While catching fly balls is a sizable portion of what outfielders will do, many teams leave outs on the field, give up extra bases, and runs because they lack a detailed outfield plan. This course is designed to give coaches from youth through high school, and college a ready made plan to be implemented in full or blended with what you already do.

The mistake many youth coaches make
The path to success in youth baseball may be to put your weakest players in the outfield, and more specifically, right field. The ball just doesn’t leave the infield that often, and most plays take place in the infield. Putting your weakest players in the outfield will ensure that the ball doesn’t get hit to them very often, but you will be doing all of the players on your team a great disservice.

The obvious reason is that all youth players should get an opportunity to play the infield, but there is an unintended consequence for the better players on the team who are pigeon holed into playing the infield only. When they get to high school or college, there is a good chance that they may need to make a position change in order to find playing time. The most populated position at freshman tryouts is
shortstop. There will sometimes be a line of five or more at shortstop, and the reality is, there will only be a few players playing shortstop each year.

Even though a player may not be the most talented shortstop on the roster, they could have some of the skills and attributes of a successful outfielder. If they have played outfield prior to high school, even though it may not be what was BEST for their team when they were younger, it will aid their development in the long run.

As you work your way through this course and eBook, it is tempting to jump directly to the drills and games section since this is what you will actually be implementing during the season. However, I want you against that. The key to this course is the detail of the technique and tactics that don’t get covered very well.

Implementing the drills in this course without a good understanding of technique may actually serve to reinforce negative habits. Work on the technique first, then implement the drills and competitive games.

Thank you for your interest in this course. If you enjoy it and find it valuable we have a lot more information in our
Pre-Pitch Positioning

Part 1 - Pre-Pitch Positioning
Proper pre-pitch positioning begins with an understanding of what constitutes “straight up” positioning. This is the position where the outfielder would play if all other variables are taken out of the equation. The depth of the outfielders will depend on their age group, and the player’s individual strengths. If the player doesn’t go back on the ball very well, their straight up depth will be a bit deeper. If they have good speed and can go back on the ball well, their straight up positioning might be a bit shallower to take away more balls in front of them.

Center fielder
In straight up positioning, the center fielder will be as close to the line between home plate and second base as they can and still have a clear line of vision of the hitting zone.

Corner Outfielders
The corners outfielder’s straight up position will be a straight line between second base and the base on the opposite side of the field. So the left fielder will be directly in line with second base and first base, and the right fielder will be directly in line with second base and third base.

Many young corner outfielders make the mistake of playing too close to the lines in straight up position. They often feel like they need to defend the lines, but the
majority of the balls hit to the outfield don’t end up down the lines, they end up between the power alleys. Use the phrase “defend fair territory” to help explain why you want them to play further in the gaps than they are comfortable. If a ball drops in foul territory, no big deal. If a ball drops in the gaps, it could be a double or more.

**Part 1.1 - Positioning by situation**

**Knowing your pitcher**
The pitcher your team has on the mound at any given time may have a huge impact on the positioning in the outfield. Most coaches and players simply look at the velocity of the pitcher to determine where to play, but some thought must also be given to HOW the pitcher pitches. The chart below summarizes some characteristics of a pitcher and where you might play them.

<table>
<thead>
<tr>
<th></th>
<th>Low amount of off-speed</th>
<th>High amount of off-speed</th>
<th>Generally pitches away</th>
<th>Generally pitches inside</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>High Velocity</strong></td>
<td>Shade to the opposite field</td>
<td>Opposite field in hitter’s counts, pull side in pitcher’s counts</td>
<td>Shade to the opposite field</td>
<td>Play more straight up and shallow to the opposite field</td>
</tr>
<tr>
<td><strong>Medium Velocity</strong></td>
<td>Play straight up</td>
<td>Shade to pull side</td>
<td>Shade opposite field in pitcher’s counts, play straight up in hitter’s counts</td>
<td>Shade to pull</td>
</tr>
<tr>
<td><strong>Low Velocity</strong></td>
<td>Shade to pull</td>
<td>Shade to pull</td>
<td>Play straight up in pitcher’s counts and shade to pull in hitter’s counts</td>
<td>Shade to pull</td>
</tr>
</tbody>
</table>

Shifting based on the pitcher should be subtle unless you have someone who throws very hard for their age, or very soft for their age. Even the most advanced pitchers still make mistakes, throw pitches in the wrong location, or change an overall trend when you least expect it. These are guidelines to use, that will pay off in the long run, but each individual situation should be taken into account.
Positioning by hitter
I caution you not to look too much into the hitter for positioning unless you have a longer track record (spray chart for several games) that indicates a trend, or you see something specific in their swing.

For example, you have a pitcher who throws with average velocity. They are in a 0-1 count and the hitter is way late on a fastball. The coach’s automatic thought is to shift his players to the opposite field, but remember, a single swing does not represent a trend. Perhaps there was indecision in his swing, perhaps he didn’t see the ball well, or perhaps he was guessing breaking ball, and took a defensive swing. These do not indicate that he CANNOT catch up to the pitcher, they just mean he didn’t on that particular swing.

Another example is a right handed hitter who rips a ball into the third base coach’s box. Many coaches will then shift their entire defense to the pull side. Again, there may be many reasons for what happened on the previous pitch that have nothing to do with the player’s trends. Maybe it was a fastball off the inside corner that he was able to get around on, but couldn’t keep fair. The likely next pitch (not necessarily the correct next pitch) will be away or soft. A good hitter will adjust and be able to hit the ball to the opposite field. Without having seen several of his at bats, you won’t know if he is a strict pull hitter, or if the he has the ability to hit the ball to all fields.

If you are unable to get scouting reports on hitters, the best way to shift may be by position in the batting order. Generally, the top of the order (1,2) will have less power and will be able to hit the ball to all fields. The middle of the order (3-6) will usually have more power and may look to pull the ball a bit more, and the bottom of the order (7-9) will usually not have very much power and may have slower hands.

Part 1.2 - Calling outfield positioning
It would be idea for positioning outfielders if you are able to teach players how to read the situation on their own and adjust accordingly. However, with younger players, if a player misreads the situation, or if the coach has a scouting report on the other team’s hitters, the coach may want adjust outfielder positioning.

It is not impossible for a coach to get each outfielder’s attention between pitches or at bat, and reposition the outfield by telling them to come in, back, or over. The system below gives coaches a simple way to let outfielders know where to
play, and gets it done quickly so the game is not slowed down, the pitcher’s rhythm is not broken, and everyone is on the same page.

The system has two parts, a number for side to side positioning and a plus or minus for depth. The number 7 represents a shade to left field. The number 8 represents straight up positioning, and the number 9 represents a shade to the right field side. A plus indicates the outfielder should play deeper, and a minus represents they should play shallower.

The chart below summarizes the common outfield positions and what the coach would call for each.

<table>
<thead>
<tr>
<th>Call</th>
<th>Positioning Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>Shaded toward left field, average depth</td>
</tr>
<tr>
<td>7 Minus</td>
<td>Shaded toward left field, shallow depth</td>
</tr>
<tr>
<td>7 Plus</td>
<td>Shaded toward left field, deeper depth</td>
</tr>
<tr>
<td>8</td>
<td>Straight up positioning and depth</td>
</tr>
<tr>
<td>8 Minus</td>
<td>Straight up, shallow depth</td>
</tr>
<tr>
<td>8 Plus</td>
<td>Straight up, deeper depth</td>
</tr>
<tr>
<td>9</td>
<td>Shaded toward right field, average depth</td>
</tr>
<tr>
<td>9 Minus</td>
<td>Shaded toward right field, shallow depth</td>
</tr>
<tr>
<td>9 Plus</td>
<td>Shaded toward right fields, deeper depth</td>
</tr>
</tbody>
</table>

The number of numbers and pluses or minuses may also indicate the severity of the shift. For example, 7-7-minus-minus would indicate a severe shift to the left field side, and playing very shallow.

**Positioning for conditions**
The two major conditions outfielders will need to adjust to are the wind, and the speed of the turf. Obviously, the wind will determine the depth outfielders, play, but an often overlooked aspect of the wind is that the ball may not carry equally to all fields depending on the wind.
For example, if the wind is blowing hard from left field to right field, any ball hit to left field will be knocked down, whereas, any ball hit to the right field line will carry pretty well. Pre-game infield/outfield is an excellent time for your outfielders to learn the wind for that day, and for you to learn how it will affect outfielder positioning.

The chart below summarizes wind conditions and how outfielders will adjust to them. The severity of the wind will determine how much the shifts are:

<table>
<thead>
<tr>
<th>Condition</th>
<th>Positioning Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wind in from CF</td>
<td>Ball will not carry to any field. Play several steps shallower than normal</td>
</tr>
<tr>
<td>Wind in from LF</td>
<td>Ball will not carry to LF or CF. May carry some to right, but will slice toward RF line. Play in in LF and CF, shade to the line in RF.</td>
</tr>
<tr>
<td>Wind in from RF</td>
<td>Ball will not carry to RF or CF. May carry come to LF, but will slice toward the line (especially of LHH). Play in in RF and CF, shade to the line in LF.</td>
</tr>
<tr>
<td>Wind out</td>
<td>Ball will carry to all fields, play deeper in all fields. Use extra split second on read step (see module 2)</td>
</tr>
<tr>
<td>Crosswind LF to RF</td>
<td>Ball will not carry to LF of left center field. From CF to RF, the ball will carry and slice to the line. Shade all outfielders to 9, and play shallow in LF and deeper in CF and RF. Pre-game IF/OF will be key to learn how ball reacts in CF and RF.</td>
</tr>
<tr>
<td>Crosswind RF to LF</td>
<td>Ball will not carry to RF of right center field. From CF to LF, the ball will carry and slice to the line. Shade all outfielders to 7, and play shallow in RF and deeper in CF and LF. Pre-game IF/OF will be key to learn how ball reacts in CF and RF.</td>
</tr>
</tbody>
</table>
Pre-Pitch Routine

Part 2 - Pre-Pitch Routine
During a two plus hour baseball game there may be as little as eight minutes of actually game play. The rest of the time is “down time.” Quality players and teams utilize this down time in a productive manner, but many teams waste this time, and it is just truly down time. This section will help your team get the most out of this down time by giving them a routine for in between pitches that maximizes the mental side of their game.

This routine will work for any position in the field, but it is written here specifically to the needs of outfielders.

Outfielder pre-pitch routine
1.) Know the out, score, hitter, baserunner and inning situation.
   a.) With less than two outs, always try to keep the double play in order.
   b.) Pre-pitch position accordingly.
   c.) No doubles - play deep, take deep angles with two out nobody on, with a runner on first and two out, or to keep the tying or winning run off second in the last inning.
2.) Anticipate where the ball will likely need to go on a single and a ball in the gap (double or triple).
3.) Check for changing weather conditions.
a.) Has the wind shifted significantly? If so, adjust your positioning accordingly.
b.) Has the sun come out from behind a cloud? If so, make sure you know where your glove will need to go to block the sun (see Sun Ball drill).

4.) Start with a soft focus - pick a large object to focus on prior to the pitch being delivered. The pitcher, something on the backstop, or on the a dugout (whatever will keep the pitcher in your periphery) are all good options.

5.) As the pitcher begins his motion, the outfield should perform a cleansing breath which is a deep breath in through their nose and a quick breath out through their mouth.

6.) As they perform their cleansing breath, they should shift to their hard focus which will be the hitting zone.

7.) As the pitch is being delivered home, the outfielder should perform their pre-pitch footwork. The main goal of the footwork should be to get into an athletic position. The next part will describe the options for pre-pitch outfield footwork.

Part 3 - Pre-pitch footwork
Try not to fall into the trap of requiring your players to do a certain pre-pitch footwork. There are many different techniques that all accomplish the same important goals, and prepare outfielders to be able to move athletically.

Here are the goals of pre-pitch footwork:

1.) Follow Sir Isaac Newton - Objects at rest stay at rest, and objects in motion stay in motion. Outfielders should have some foot movement as the pitch is being delivered and should not be flat footed as the pitch enters the hitting zone.

2.) Outfielders should have an upright stance as the ball crosses the plate - The stance that is most comparable to the outfielder’s ready position is a hitting stance. They will want their weight on the balls of their feet with a slight knee bend. Since the ball doesn’t get to an outfielder very quickly, and it rarely hit directly at them, they will likely need to make a move in, out, and/or laterally to get to the ball. If they have a low stance, the first movement they will need to make is to stand up before they start running.

3.) Their hands should be relaxed with their elbows close to their body with their thumbs up. If you picture an old Western movie when cowboys were dueling and they kept their hands close to their holsters, this is a similar position the hands should be in. The reason for this is that puts them as close to natural running position as possible while still being comfortable.
4.) Some options for pre-pitch footwork (do not limit your players to these, they are just some examples)-
   a.) One, two step - Players take a step with their throwing foot, then their glove foot, landing on the balls of their feet as the ball crosses the hitting zone.
   b.) Step, separate - The player takes a straight on jab step with their throwing foot, then hops and separates their feet as the ball is crossing home plate, so their weight is on the balls of their feet, and their feet are a little wider than shoulder width apart with their body in a similar stance to their hitting stance.
   c.) One, two, hop - This method is a combination of the previous two. The outfielder takes a step with their throwing foot, then their glove foot, then hops into good ready position as the ball crosses home plate.
   d.) Happy feet - The player stays more or less stationary in position, but as the ball is delivered to home plate, they begin to creep forward slowly with small steps on each feet.

Again, allow your player to choose which of these methods feels best for them, and gives them the best chance to succeed. They all accomplish the three basic goals of a pre-pitch movement and ready position. If they come up with another method that fits these criteria, let them use it.

For more great information on baseball coaching including weekly video tips, hitting and generating offense books and courses, coaching philosophy courses, skills and drills online courses, check out our full site membership.
Fielding Ground Balls and Fly Balls

Part 1 - Fielding Ground balls
Ground balls are an often overlooked aspect of outfield work. Many coaches take for granted that outfields should be able to field them because they are not perceived as difficult. That perception is correct, they are not difficult to field in the outfield, however, if coaches ignore technique, repetition, and putting players in a competitive situation in practice while fielding ground balls in the outfield, they run the risk of not maximizing their outfield play. Small techniques and tactics that often go unnoticed in the outfield can cost your team outs, and more likely, extra bases.

Approaching a ball on the ground
The number one goal for any outfielder on a ground ball is to keep the ball in front of them at all costs. Because of this, on a ground ball that is not directly at them, outfieldsers should take “deep angles.” This means they follow a path where they are able to get behind the ball and fielding it coming toward the infield and their cutoff man.
Approaching the ball with a deep angle will decrease the chances of misplaying the ball, having it get by them, and it will give them good momentum to make a throw back into the infield.

An outfielder will want to field a ground ball just like an infielder when they can easily get to the ball and there is not an immediate play on the batter or runner.

**Fielding like an infielder:**

1.) Center the path of the ball up on the body.
2.) “Break down” prior to getting to the ball to avoid simply charging through the ball out of control.
3.) Step with the throwing foot slightly to the right of the path of the ball.
4.) Step with the glove foot slightly to the left of the path of the ball.
5.) The feet should be slightly wider than shoulder width.
6.) Bend at the knees, not at the waist
7.) Field the ball in front of the body with the glove hand under, and the top hand on top.
8.) Eyes follow the ball to the glove.

This may also advisable technique in most game situations when the outfield is very bumpy and uneven to prevent the ball getting by the outfielder and costing the team multiple bases and runs.

Whenever the outfielder has a play to make on a runner, he will probably want to field the ball off to the side running through it to keep his momentum going toward his target. This is a slightly riskier play and should only be done by
outfielders who are confident in their abilities to execute it, and who have been
given opportunity to practice it. Even though it may look elementary, it is an
advanced technique that if not executed properly can cost a team several bases.

Fielding the ball off to the side:
1.) Line up the ball slightly outside of the glove foot.
2.) Take a step with the glove foot as they bend down to field the ball (see picture
   below).
3.) Keep your eyes on the ball all the way in to the glove. This is a risky play and
   requires a lot of concentration because the risk of failure is high.
4.) Field the ball coming through it, step with the throwing foot after fielding and
   turn the instep of the foot to the target. This will turn the shoulders so they are
   square to the target in throwing position.
5.) Step with the glove foot directly at the target (see long step) as the upper
   body performs the throwing motion.

Fielding balls hit in the gaps and down the lines
The only way outfielders can get good at fielding balls not hit right at them is to
practice. Coaches often take for granted that this is a skill that is easy, and that
outfielders should be able to perform it with little trouble. However, when
outfielders do not perform this properly in games, the results are usually two or
three extra bases as the ball rolls to the fence and runners circle the bases.

The two keys to making sure they can get to the ground balls hit in the gaps and
down the lines are to know how fast the outfield turf is, and knowing how to take
deep enough angles to keep the ball in front of them.

Knowing the speed of the turf will help the outfield know how deep his angles
need to be. On faster turf, he will need to take deeper angles to balls on the
ground. If the turf is slower, he can take shallower angles.
On a ball that is hit on the ground well away from the outfielder, he should not try to meet the ball at the a spot. He should get deeper than that spot, and field the ball coming in toward the infield. This does two things, it helps ensure the outfielder will keep the ball in front of him, and it gives him momentum toward the infield for a throw back in to the infield.

**Backhanding the ball**
Using a backhand should be avoided if possible by outfielders. If an infielder misses a backhand, there is an outfielder behind him to field the ball. If an outfielder misses a backhand, it costs the team at least one, and probably two bases because there is likely nobody behind them.

A backhand should be used as a last resort for outfielders, and only if the angle they took to the ball was not deep enough or the ball was simply hit so hard they could not get behind it. This is not to say that they should put their body in an uncomfortable position to get in front of the ball. Outfielders can avoid being put in this situation by taking a deep angle to a ball on the ground. Even though you should encourage outfielders not to field the ball using backhands, it is a very difficult play, and it is one you should spend time on.

**Part 2 - Fielding Fly balls**
Fly balls are the skill coaches spend most time with their outfielders perfecting, but just simply hitting fly balls to your outfielders is not going to perfect their technique for fielding fly balls. The reality is, most outfielders can use questionable footwork and get to most fly balls and make most routine plays. However, consistently solid initial footwork will help ensure players make correct reads on fly balls and won’t get burned deep on tough fly balls and line drives.

**Footwork on every fly ball**
The initial footwork on every fly ball should be the same. Many coaches teach the “first step should be back,” because it is much easier to go in than to go back on a ball. However, the problem with this, is without specific directions how to take that first step back, most outfielders will just take a huge step back with either foot while shifting their weight back putting them in a difficult position to move side to side, and a difficult position to come in.

This initial step can be called either a “drop step” or a “read step.” For the purposes of this manual, we will be referring to it as a “read step.” The reason for
this choice of terminology is it puts an outfielder in a position to read the ball and react in any direction.

This read step is NOT the fastest way for an outfielder to react to a fly ball. In fact, many professional players will not use this footwork since they can simply read and react to a ball quicker. Young players cannot simply react to the ball off the bat the same way professional players can. In fact, I have heard of this technique being used at the highest levels of amateur baseball, including one team who went to the College World Series. So even though it is not the fastest, it is the one that will allow young developing players to make good reads while still reacting quickly.

The toughest read for a young outfielder is not the direction of the ball. Most of them can usually tell which side the ball is hit to as soon as it is hit. The read step gives an amateur outfielder a split second to make a decision about the depth of the ball, which is the hardest things for them to determine off the bat, while being in an athletic position to react either way.

To execute a read step:
1.) Read the side of their body the ball is hit on.
2.) Drop that side’s foot about 12-18 inches behind their center of gravity so that the dropped foot has the heel off the ground and is on the ball of the foot.
3.) Keep the center of gravity in the same spot, do not allow it to move backward.
4.) While in this read step position, the outfielder should judge if the ball is in, to the side, or behind them.
5.) If the ball is in, push off the dropped foot and drive toward where the ball will be.
6.) If the ball is sideways or back and to do the side, the outfielder should cross over with their front foot and drive in the direction of the ball.
7.) Fielders may need to hold this position slightly longer when they are having trouble reading the depth of the ball hit, or when the ball is hit hard right at them.

By teaching your outfielders to do this on every ball hit, you will maximize their range while minimizing the likelihood that they will take several steps in and have a ball go over their head by allowing them time to judge the depth of the ball.

The goal of the read step is that it gives the outfielder time to read the depth of the ball off the bat. Eventually, you will want him to be able to perform the footwork and as soon as his feet hit the ground, be able to move to the ball.
Reading the ball off the bat
When performing a read step, 99% of the time, it is very easy to determine which foot to drop. The toughest decision they will have to make is on a ball right at them. The center fielder will want to always drop their glove leg on a ball hit directly at them, and this is a good rule for young or inexperienced corners outfielders as well.

As corner outfielders get a bit more advanced, and have mastered the read step, they can begin to choose which foot to drop based on the handedness of the hitter.

As a general rule, balls hit the batter’s opposite field side will slice toward the line. So, when a ball is hit directly at the corner outfielder and it is hit to the opposite field (left handed hitter to left field and right handed hitter to right field), the fielder should drop his foot closest to the line since the ball will likely slice that way anyways. On a ball directly at a corner outfielder that is hit to the batter’s pull side (left handed hitter right field and right handed hitter to left field) the outfielder should drop their glove foot, just as a center fielder would.

Fielding routine fly balls
A routine fly is one that an outfielder doesn’t have to move very much to get to, and they have plenty of time to get set up. They will not be catching these balls on the run.

Even though routine fly balls are not difficult plays, and many outfielders can make them a majority of the time with sloppy mechanics, it is important to emphasize proper mechanics on routine plays so that they perform them on the more difficult ones, since the difficulty of the play is not always apparent right off the bat.

Steps for properly catching a routine fly ball:
1.) Read step.
2.) Sprint to a spot about two feet behind the ball so you can create momentum for the throw.
3.) Set up with your chest facing the direction the throw will need to be made.
4.) Step to the spot the ball will land (should only be one step) with the glove foot.
5.) Catch the ball over head with the throwing hand to the side of the glove hand (call it two hands with younger players) while taking that step with the glove foot. A lot of people think it’s for securing the ball, it’s really for quick transfer.
6.) After catching the ball step with the instep of the throwing foot to the target (see long step in throwing section).
7.) Square shoulders to the target by stepping to the target with the glove foot.
8.) Throw to the target (see throwing section)

It is very easy for coaches to allow outfielders to relax on their mechanics during routine fly balls, but doing so will make is to that their technique is sloppy during plays where technique will make a difference. The three particularly important parts of the technique to emphasize during practice are the read step, sprinting to the ball, and setting up behind it.

Sprinting to the spot is something you will constantly fight (and should) even on plays where the outfielder don’t have to run very far, getting set up quickly behind the ball allows them to have good technique coming through the ball, and protects them against any shifts the ball may take due to wind or any mid-judgement.

More difficult fly balls
When a fly ball or line drive is hit and the outfielder needs to catch the ball on the run, it takes some very good communication (see communication module), concentration, and technique to make this play. Once a player is able to make routine plays, they should begin to learn to catch the ball on the run. The ability to make routine plays with proper technique, and make plays on the run is what separates good from great outfielders.

Setting the stage that the only acceptable way to approach a fly ball (regardless of difficulty) is to sprint to the spot, and not jog or drift after it will help players make more difficult plays. Too often, outfielders begin by jogging out of habit, then have to turn up the speed, and do not get there in time. If they begin by sprinting out of habit and slow up when they get to the ball, they will get to every ball they are physically able to.

To help your players make the more difficult plays in the outfield:
1.) Give them plenty of opportunities to see balls live off the bat (not fungo) in practice.
2.) After they read step and they decide the depth the ball is hit, they need to immediately begin sprinting in the direction the ball will land by taking a “deep route” to the ball so they don’t chase the path of the baseball and so the play is easier to make when they get there.
3.) More advanced players can take their eyes off the ball for a few steps to help them run faster.
4.) Balls that are hit behind the outfielder, and he has to go back to get it, he will have to take his eyes off the ball for several steps to run faster, then pick up the ball after a few steps.
5.) Similar to fielding ground balls, outfielders should take deep routes to fly balls. This will avoid them “chasing” the ball and having to catch it at an odd angle going backward. It is easier to catch the ball going sideways (if they take a deep angle) to going straight backward (if they take a shallow angle).
6.) Run hard on the balls of the feet with the mouth closed to help avoid the ball bouncing as you run.
7.) Don’t run with the glove up to catch the ball. If this was the fastest way to run, olympic sprinters would run that way. Run like a sprinter until they get close to the ball, then put the glove up to catch it.
8.) Teach your players to be comfortable catching the ball outside the body with one hand.
9.) Create an air tight communication system to give your outfielders confidence to go after the ball hard with no hesitation.
The line drive right at them
The hardest play for any outfielder to read is the line drive hit directly at them. It is difficult for them to determine if the ball will be in or back. The damage that can be done to a team if the outfielder misjudges a line drive that goes over his head is significant. If an infielder makes an error it is usually only one base. If an outfielder misjudges a ball, it is usually two more more bases.

To help outfielders deal with this tough play, teach them to:
1.) Hold their read step until they are 100% sure if the ball is back or in.
2.) If the ball stays under the hat line, the outfielder will probably need to go in.
3.) If the ball goes above the hat line, the outfielder will probably need to go back.
4.) If the ball is over their head, they will turn and sprint to the spot where the ball will land. They may need to take their eyes off the ball for several steps.
5.) Do not allow them to backpedal, even at the beginning.
6.) If they beat the ball to the spot, turn and catch it as a routine fly ball.
7.) If they do not beat the ball to the spot, and they end up meeting the ball at the spot, the catch will depend on the player’s kinesthetic awareness, hand/eye coordination, experience with the play, and general ability. This is one of the plays that separates the men from the boys.

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Part 1 - Positioning the body to throw
If outfielders are having trouble throwing the ball, it could be because of poor throwing mechanics, but if they are able to throw well when playing catch, but not from the outfield, chances are the trouble they are experiencing is due to a poor set up, body positioning, and momentum. To illustrate this, imagine having a player run toward their target and throw once, then have him take two steps away from his target and throw. As you might imagine, the time he is heading toward his target will result in a much stronger throw. This is the type of momentum outfielders need to create so they can maximize their arm strength.

The golden rule of setting the body to throw is to get the ball between the outfielder and target. In previous sections we mentioned “getting behind the ball” whenever possible. To take this one step further, an outfielder should be behind the ball, but in line with their shoulders squared to their target. This is a bit of an advanced technique. Younger players should focus on catching the ball first, then getting behind the ball, then getting in line with their target.

Regardless of if they are fielding a fly ball or ground ball, outfielders will want to step last with their glove foot as they are catching the ball. This will allow them to long step with their throwing foot and get rid of it quickly. If they step with their throwing foot (as is natural for many fielders) they will need to take an extra step to get rid of the ball.
Some young players will think that they need to take that extra step (or two) to get rid of the ball and generate power. The key for you as a coach is to teach them to generate that momentum prior to catching the ball. If they field/catch it flat footed, they will need those extra steps to get much on the throw. If they learn how to get behind the ball and generate momentum prior to fielding or catching it, they will be able to get rid of it quicker.
Part 2 - Long Step
The long step is the movement that continues momentum toward the target, and puts the upper and lower body in proper position to throw. Many people know this move as the “crow hop.” We prefer using the term “long step” because it more accurately describes the process. Crow hop insinuates that the outfielder will be hopping up into the air to make this throw. Hopping vertically does two things that detract from the ultimate goal of making a strong accurate throw. Hopping vertically kills forward momentum, and takes more time. This combination makes it less likely that the outfielder will maximize their arm strength, accuracy, and time it takes to get rid of the ball.

Keep in mind that if done correctly, the outfielder should catch the ball with his momentum heading toward the target with his glove foot forward. If the outfielder has done this, the next step should be to bring the throwing foot in front of the glove foot, step as long as possible toward the target while pointing the instep of the foot to the target.

As the name suggests, when executing a long step, the outfielder will want to take a long step and gain ground toward their target. With that being said, there is such a thing as taking too long of a long step. If the step is too long, the fielder risks getting out of balance, taking too long to get rid of the ball, or putting
themselves in an awkward position to throw. Additionally, you want find the balance between gaining ground to the target, keeping momentum to the target and getting rid of the ball quickly. Too short of a long step, and they won’t generate enough momentum or gain enough ground, too long and they will take to long to get rid of the ball.

**Part 3 - The rest of the body**

As the long step is happening, the hands should be together near the middle of the chest. Regardless of where the ball originated (ground ball or fly ball) the outfielder will want to move the hands together in the middle of the chest. This will allow the fielder to transfer the ball from glove to bare hand, and get a four seam grip.

The four seam grip is the preferred grip for outfielders because it has a tendency to go straighter and ride more than a two seam grip which has a tendency to tail toward the thrower’s arm side. This is an often overlooked part of throwing by outfielders, but when throwing long distances, this small detail can make a huge difference in the accuracy of the throw.

Once the long step is complete and the throwing foot is planted with the instep is facing the target, the glove foot should swing toward the target while the hands separate with the thumbs down. They will want the step with their glove foot to be long and directly toward the target. As the foot lands, the toe should be pointed toward the target or slightly closed.

As the glove foot is moving toward the target, their hands should separate with their thumbs facing down, the glove and throwing hand mirroring each other, and the thumbs passing by the thighs. When the front foot lands, the fielder should begin the throwing motion with the back hip, similar to a hitter or pitcher. The more momentum, and the more an outfielder uses their lower half to throw, the more velocity they will be able to throw with, and the farther the ball will travel.

**Outfielder arm arc**

There are different arm arcs for different positions. Infielders and catchers will generally want to have very short arm arcs where they take the ball from their gloves straight back to throwing position. Outfielders have a similar arm arc to pitchers. They will want to have long, circular arm arc that allows them to throw with their fingers on top of the ball.
Getting on top of the ball is very important for outfielders because they will be throwing the ball a long distance and they want to throw it as straight as possible. If the fingers are on the side of the ball, or if the fielders arm slot is low the ball will likely spin to the side and will have significant tail. This will make it difficult to keep the throw on line, and carry a long distance.

**Finishing the throw**

After releasing the ball with a long arm arc and the fingers on top, the fielders momentum should carry they toward their target to the point where they may take several steps in the direction of their target after release.

A sign that they may be getting on the side of the ball, or they may be generating momentum away from their target (usually toward their glove side) is if they follow through and spin one direction or another. A slight fall to one side after release is ok, but a dramatic fall indicates a problem.

If they are doing this, don’t focus on fixing the follow through as it is just a function of the momentum they are generating. Focus instead on keeping their head and momentum in line with their target. Fixing the follow through is just treating a symptom, fixing the direction is treats the disease.
Part 4 - The goal of throwing from the outfield
For infielders, pitchers, and catchers, the goal of any of their throws is simply to hit the person they are throwing it to in the chest, or as close to it as possible. Throwing from the outfield is slightly more complex, especially as a player gets older.

At the most basic levels, throwing from the outfield should simply be throwing the ball to the cutoff man. At very young ages, having a cutoff man in the correct place may be a major accomplishment. If there is no cutoff man, young players will simply want to get to the ball in to any infielder to stop runners from advancing.

Even though this is often what happens at young levels, I still think if you are coaching them, you should teach them the correct way to do things. That way when they get to a bigger field, or more competitive level, they will know the correctly way and will be able to execute it when that cutoff man shows up where he is supposed to be.

The ultimate goal for an outfielder throwing the ball is to make a throw that the cutoff man can catch, but that could also make it all the way to the bag, even if it takes a few hops. This requires some appropriate tactical alignment on the part
of your cutoff man (Cornerstone will be working on a tactical course as well that will cover running cutoffs and relays).

For your outfielder to accomplish this goal, outfielders should:
1.) Throw the ball with good momentum to the target and good mechanics.
2.) Throw the ball through the cutoff man’s head.
3.) Throw the ball on the a line even if it means one hopping the cutoff man.
4.) If you are going to miss, miss low. This gives the cutoff man a chance to catch the ball. If it is over his head, he has no chance.
5.) Keep the double play in order by keeping the ball low and cut-able. This keeps the batter/runner at first base.

Think about how many times your team threw out a runner at the plate last year. Now think about how many times your team tried to throw a runner out at the plate and a runner advanced from first to second.

Your outfielders need to learn their own throwing ability, and should know at what depth they no longer have the ability to throw out a runner at the plate. At that point, if there is a runner on first, the throw should go into second base to keep the double play in order.

The exception to the cut-able throw rule
Every rule has an exception. The “throw the ball through the cut man” rule also has exceptions.

Exception #1 - No play at a base:
If there is no play at a base, the outfielder should throw the ball to the cutoff man. This decreases the possibility of an over throw that could allow a runner to advance an extra base.

Exception #2 - Fly ball and only runner is on third:
In this situation, the batter is out and the only play is at the plate. In this situation, the outfielder should air it out and do everything they can to get the ball to the plate as quickly as possible. If that means throwing the ball over the cut man, so be it. There are no runners on base to advance in case of an over throw.

Exception #3 - Chance to throw out winning run at home in last inning:
If the winning run is coming home in the last inning and there is a chance to throw them out, it is ok to air it out to try to throw them out. If it is the top of the
last inning and there is not a very good chance of throwing the runner out, the outfielder should still throw through the cutoff man.

CAUTION: Do not apply exception #3 to the tying run. Even though the tying run is very important, on a single to the outfield that the outfielder doesn’t over throw the cutoff man in an attempt to throw out the tying run at the plate. The numbers just do not support this risk. Think about how many times the outfielder actually throws the runner out. Very small, right? So when he likely doesn’t throw out the runner, the batter will advance to second when he misses the cutoff man. So now the game is likely tied and the winning run is in scoring position.
Communication

Not only is setting up a leakproof communication system for popups and fly balls a great safety measure you can take for your outfielders, but it will also give your outfielders the confidence they need to make difficult plays because they know there is virtually no chance of a collision. As a coach, your goal should be to have zero outfield or outfield/infield collisions throughout the year. This system will help you achieve that goal.

Part 1 - Priority System

The following chart shows the general priority areas:

<table>
<thead>
<tr>
<th>Position</th>
<th>Description of Priority Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pitcher</td>
<td>Anything in front of the pitching rubber, or that the corner infielders cannot reach toward the 1st and 3rd base lines and into foul territory. Can be called off by any infielder.</td>
</tr>
<tr>
<td>Catcher</td>
<td>Anything behind home plate, or slightly in front of the plate, and into foul territory on both sides. Can be called off by the pitcher in front of the plate, and the corner infielders, and pitcher in foul territory down the first and third base lines.</td>
</tr>
<tr>
<td>1st Baseman</td>
<td>Slightly behind the first base bag, in front of first base in fair territory along the first base line, toward the pitcher’s mound, and in front of first base to home plate. Can be called off by second baseman or the right fielder on balls behind them. They have priority over the catcher and pitcher on balls in front of them.</td>
</tr>
</tbody>
</table>
Outfield Pop-up priority diagram:

<table>
<thead>
<tr>
<th>Position</th>
<th>Description of Priority Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>2nd Baseman</td>
<td>From the second base bag straight back into the outfield, all the way into foul territory behind the first base bag. They are also responsible for anything in front of their position up to the pitcher’s mound. They have priority over the pitcher on plays in front of them, and the first baseman on plays behind the first base bag. They can be called off by the right fielder, shortstop, or center fielder.</td>
</tr>
<tr>
<td>Short Stop</td>
<td>Mirrors the 2nd baseman’s priority area to the left side of the field. They have priority over every infielder including the pitcher. They can be called off by any outfielder.</td>
</tr>
<tr>
<td>Corner outfielders</td>
<td>The left and right fielders are responsible for any ball from the power alley to into foul territory on their side of the field. They should also try to get to anything they can over an infielder’s head. They have priority over any infielder on a ball they can get to.</td>
</tr>
<tr>
<td>Center fielder</td>
<td>The center fielder is the easiest priority to teach. They have priority over anything they can get to with reasonable effort. They should not call off an infielder or outfielder who is camped under a ball, but they are the captain of the defense and can have the best view on every ball hit.</td>
</tr>
</tbody>
</table>

Exceptions:
Again, every set of rules has exceptions. The major exceptions to these simple rules deal with where the ball has to be thrown after catching the ball. The table below summarizes these exceptions:
<table>
<thead>
<tr>
<th>Situation: Sac fly between CF and RF w/ runner on 2nd</th>
<th>Priority Change: Even though the center fielder has priority, the right fielder has momentum toward third base. The right fielder should have priority in this situation.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Situation: Single between CF and RF w/ runner on 1st</td>
<td>Priority Change: Even though the center fielder has priority, the right fielder has momentum toward third base. The right fielder should have priority in this situation.</td>
</tr>
</tbody>
</table>

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Communication

Part 2 - Communication System
Putting a communication system in place and practicing it on a regular basis is a critical part of allowing your outfielders (and infielder) to have the confidence they need going after fly balls and pop-ups between fielders. Outfield collisions, and fear of collisions are a major obstacle to quality outfield play. The system below, if implemented and practiced regularly will decrease outfield collisions (possibly to zero) and give players the confidence they need to go after fly balls.

Rules of communication
1.) 3 players go after every ball in the infield and between infield and outfield.
2.) 2 players go after every fly ball (even fly balls down the line).
3.) Call the ball at its apex (highest point), even later on windy days.
4.) All calls need to be loud, and repeated by the fielder calling the ball.
5.) Infielders call “I got it,” outfielders call “Ball, Ball, Ball.” This is so players know if an infielder or outfielder are calling the ball.
6.) This is the most important component of the communication plan! After the player calls the ball, every player on the field, every coach, and every player in the dugout, will echo (loudly the player’s name). This gives the player the confidence they need to go hard after the ball. The players closest to him needs to call the ball the loudest to ensure the fielder knows they are not in danger of a collision. This point is the key to your communication system.
Even though point #6, the echo, is the key to the communication system, be careful not to allow your players to echo before a player calls a ball as they will sometimes prematurely call a player’s name out because they think they are the ones who should catch it. This is the ONLY way that confusion can ensue from this system.

Below is a series of events that gives a good example of a pop-up communication that may happen during any game:

1.) A pop-up is hit in shallow center field, just behind second base.
2.) The center fielder, shortstop, and second baseman all converge on the ball.
3.) The shortstop calls it as it reaches its apex by saying “I got it! I got it!”
4.) Because the shortstop is still drifting on the ball, and the center fielder can easily make the play, he calls him off by yelling “Ball, ball, ball!”
5.) Once the final call has been made, as the ball is descending, every player on the field and in the dugout calls out “Dillon! Dillon! Dillon!” to let him know that he has full rights to the ball.

While this communication system is pretty fool proof, it should be noted that as with any skill or tactic, it needs to be worked on in order to be successful. An easy way to work this into practice is during your segment changes. For example, if outfielders have been hitting, and infielders have been working on the infield, bring the outfielders over for the last 5-10 minutes of the infield segment and work on pop-up communication.
Communication

Part 3 - When the ball isn’t hit to you

It is well known in basketball that “moving with out the ball” is a skill that great offensive players are good at. The same can be true of great outfielders, although it is much more subtle. Great team defenders in the outfield move on every play and move without the ball.

Tell your outfielders to get involved in every play regardless of where it is. The chart below summarizes a few plays and the responsibility of each outfielder.

<table>
<thead>
<tr>
<th>Situation</th>
<th>Responsibility</th>
</tr>
</thead>
<tbody>
<tr>
<td>Routine ground ball on the infield</td>
<td>Sprint to the ball as if it was a ground ball to the outfield. Right fielder should back up first on any ball to the left side.</td>
</tr>
<tr>
<td>Bunt</td>
<td>Outfielders should sprint toward the infield on any bunt to back up a base or be ready to get involved in a possible rundown. The right fielder should back up first base in foul territory.</td>
</tr>
<tr>
<td>Pickoff</td>
<td>If there is a pickoff at the base closest the outfielder, they should sprint to back up the base where the pickoff is. If the pickoff is away from them, they should sprint to the infield to be prepared for a rundown.</td>
</tr>
<tr>
<td>Single to their opposite field</td>
<td>Outfielders are responsible for backing up the throw to second base from the field opposite them. If there is a runner on first and a single to center field or right, the left fielder needs to back up third base.</td>
</tr>
</tbody>
</table>
These may seem like very small details, and they are, but getting burned by one of these can be the difference between winning and losing. There is nothing stopping any outfielder who is aware of these responsibilities from being involved in every play. It takes no talent to hustle and be in the right spot.

<table>
<thead>
<tr>
<th>Situation</th>
<th>Responsibility</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deep flyable to adjacent</td>
<td>Never take anything for granted. Sprint toward the ball in case the outfielder makes an error or falls down. Having a second outfielder there is a valuable insurance policy.</td>
</tr>
<tr>
<td>outfielder</td>
<td></td>
</tr>
<tr>
<td>Double to right field</td>
<td>Center fielder should be going to the ball, left fielder should be backing up third base.</td>
</tr>
<tr>
<td>Double to left field</td>
<td>Center fielder should be going to the ball, right fielder should head toward second base to back up the training first baseman.</td>
</tr>
<tr>
<td>Straight steal</td>
<td>Wait until the ball crosses the hitting zone and sprint to back the base where the throw is going (if that is the nearest base) or sprint in to be prepared for a rundown.</td>
</tr>
</tbody>
</table>

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Drills and Tactical Games

Part 1 - Fly ball drills and games

Overhead Catch Tennis Ball Drill

Ages: 5-10 this is a basic drill for beginners

Purpose: To teach young and beginning players to catch the ball over their head instead of “basket style” and begin to get over a fear of the ball.

Equipment: Several tennis balls

Set up: A coach sets up with a player about ten feet in front of them. Use several coaches to minimize the lines and wait time. The coach has the tennis ball. This drill can be done with and without a glove.

Procedure:
1.) The coach tosses the ball up in the air underhanded, as close to the player as possible.
2.) The player catches the ball over his head with his glove hand facing palm up, and his throwing hand to the side.
3.) As the player gains more confidence, make them move just a little bit.
4.) Once the player is able to successfully catch tennis balls, switch to a safety baseball, then a hard ball.
Add competition: Keep track of how many each player catches properly over their heads. After a certain number of attempts, the player with the most successful catches is the winner.

Get to it
Ages: 5-12

Purpose: To teach players to move to the ball and still catch it over their head when possible.

Equipment: Tennis balls, safety baseballs, or hard balls (depending on the age and skill level of your players)

Set up: Same as “Overhead Catch Tennis Ball” drill, except more room between groups is needed because they will be moving.

Procedure:
1.) The procedure is the same as “Overhead Catch, Tennis Ball” drill, except the coach tosses the ball so the player has to move, but still gives them enough time to get under it.
2.) If players have learned the read step, they should perform it when the ball is thrown.
3.) The player sprints to the spot (no not allow them to jog and “time” the ball)
4.) The outfielder should catch the ball over their head with their glove hand palm up, and their throwing hand to the throwing side.
5.) This drill can be done with or without a glove if you are using tennis balls.

Add Competition: Keep track of how many each player catches properly over their heads. After a certain number of attempts, the player with the most successful catches is the winner.

Get Behind It
Ages: 7 and up

Purpose: To teach players to set up behind the ball and catch the ball with their glove foot and momentum coming toward the target.
Equipment: 3-4 cones, tennis balls, safety balls, or hard balls.
Set up: Set up three to four cones about three feet apart in a straight line. The player sets up about three feet in front of the first cone facing away from the cones. The coach has an appropriate ball and sets up about three feet to the side of the cone he is going to throw the ball over.

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Procedure:
1.) The coach says “go” and tossed the ball up in the air over the first cone.
2.) The player turns and runs to the second cone to set up.
3.) The outfielder catches the ball over their head at the first cone with their momentum coming forward.
4.) After everyone has had a turn on the first cone, the coach moves to the second cone and repeats throwing the ball over the second cone.
5.) This time, the player will sprint to the third cone, set up, come forward to the second cone and catch the ball with their momentum coming forward.
6.) Repeat this all the way to the last cone, or until your players can no longer get to the set up cone fast enough.

Coaching Cues:
1.) Sprint to the appropriate cone, do not allow them to jog.
2.) The coach needs to be sure to toss the ball high enough to allow the player to get to the set up cone.
3.) The outfielder should catch the ball with their glove foot coming forward.

Add Competition: There are a few ways to add competition to this drill. 1.) Time players to the set up cone. 2.) Count successful catches with the throwing foot coming forward. 3.) See the “Get Behind it and Throw” drill in the “Throwing Drills” unit.

Partner Throwing Foot Drills Fly Balls
Ages: 7 and up

Purpose: To teach players to catch the ball with their glove foot coming forward.
Equipment: One baseball for every two players.

Set up: Players are set up across from each other like they are playing catch. Each pair has a baseball.

Procedure:
1.) The foundation for this drill can be set while players are doing their catch drills. Have them always receive the ball with their glove foot coming forward.
2.) The player tosses a fly ball to their partner. Their partner practices getting behind the ball and catching it coming forward with their glove foot.
3.) Initially, have the players freeze when they field the ball to ensure they are fielding it with their glove foot forward.
4.) After players get comfortable catching the ball with their glove foot forward, have them come through the ball and long step (but not throw).

Coaching Cues:
1.) Ensure players are catching the ball with their glove foot forward.
2.) Players should turn their instep toward the target on the long step.
3.) The long step should be more “out” than “up.”
4.) Shoulders should get turned toward the target on the long step.

Get behind it drill for playing catch

Ages: 7 and up

Purpose: To allow players to work on getting behind the ball and catching it coming through, their long step, and throwing during catch.

Equipment: One baseball for every pair of outfielders.

Set up: This drill can be done during their catch drills.

Procedure:
1.) The player tosses the ball up in the air to themselves.
2.) They get behind the ball, and catch it with their glove foot coming forward.
3.) They can either reset and throw, or long step and throw to their partner.

Coaching Cues:
1.) Glove foot forward.
2.) Instep to their partner on the long step.
3.) Long arm action on their throw.

**Introduce Read Step Drill**

*Ages: 8 and up*

*Purpose:* To introduce the read step and get players used to the action.

*Equipment:* Two Baseballs

*Set up:* Coach stands about 15 feet from a line of outfielders who are spread out with enough space to move. The coach holds one baseball in each hand.

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   P   P   P   P   P   P   P   P
   C
```

*Procedure:*
1.) Players form a line with enough space between them to move (for the “Drop Step and Move” drill)
2.) Players will perform their pre pitch routines (p. 9-10).
3.) The coach holds one of the his hands up with a baseball in it.
4.) The players perform a read step with the foot on same side as the hand the coach raises. This simulates the read step they will perform when the ball is hit.
5.) As soon as they are done with one rep, the players reset so the coach can move to the next rep.

*Coaching Cues:*
1.) Read the side of their body the ball is hit on.
2.) Drop that side’s foot about 12-18 inches behind their center of gravity so that the dropped foot has the heel off the ground and is on the ball of the foot.
3.) Keep the center of gravity in the same spot, do not allow it to move backward.
4.) Work quicker so they have to make quicker decisions.

**Read Step and Movement**

*Ages: 8 and up*
Purpose: To introduce the read step and get players used to moving in or back.

Equipment: Two Baseballs

Set up: Same as “Introduction to Read Step” Drill

Procedure:
1.) Players form a line with enough space between them to move.
2.) Players will perform their pre pitch routines (p. 9-10).
3.) The coach holds one of his hands up with a baseball in it.
4.) The players perform a read step.
5.) Less than a second after raising their arm, the coach will yell either “in” or “back.”
6.) If the coach says “in”, the player drives off their leg directly at a 45 degree angle in to the side the ball was raised.
7.) If the coach says “back” the player turns their hips, brings their knee over, and sprints at a deep angle back to the side the coach raised their arm.

Coaching Cues:
1.) Even though there is movement involved, players need to keep the integrity of their drop step and be sure to keep their center of gravity over their hips.
2.) The first few steps need to be explosive, and quick.
3.) When they are going “back” players need to take deep angles back and take their knee over.
4.) When the outfielders are coming “in” they need to be explosive and quick.

Read Step and Go Get It
Ages: 8 and up

Purpose: To introduce the read step and get players used to moving in or back.

Equipment: Two Baseballs

Set up: A coach (or player with a baseball) stands several yards (depending on age and ability level). If you are using multiple coaches (or player/coaches) for this drill, make sure there is plenty of room between the outfielders to allow for them to run forward, backward, and sideways to catch the ball without colliding with another player doing this drill.
Procedure:
1.) The coach holds up one of their arms, the player performs a read step to that side.
2.) The coach throws a fly ball on that same side, either behind them, or in front of them.
3.) Begin with throws that are close to the player, then begin to challenge them to run farther to catch the ball.

Coaching Cues:
1.) Players should keep the same read step as they had during the previous two drills.
2.) Players should sprint to the ball, and try to get behind the ball and catch it coming forward.

Turn and Burn - 3 Cone Drill
Ages: 9 and up

Purpose: To teach outfielders to sprint to the spot where the ball will land, and not try to “time” the ball getting there.

Equipment: Three cones, two baseballs per group

Set up: Three cones are set up in a “V” with about 15 yards between each (more or less depending on the age group and skill level of the players). The outfielder starts at the point of the “V” facing away from the other two cones. The coach has a baseball and is standing facing the outfielder about 5-10 yards in front of him.
Procedure:
1.) The coach points to a cone.
2.) The player performs a read step, then “Turns and Burns” to the cone as fast as they can.
3.) The coach throws a ball overhand to the cone he pointed at.
4.) The player should have enough time to get to the cone and set up before catching the ball.

Coaching Cues:
1.) Sprint as fast as they can to the cone while keeping their eyes on the ball.
2.) Set up behind the cone and adjust to the ball.
3.) Get to the cone as quickly as possible.
4.) Catch the ball with their glove foot coming forward.
5.) Have the player who caught the ball run it back to the coach, and let the next player go right away.

Add Competition: To add competition to this drill, time each player from their first move to the specified cone. If they do not catch the ball, or do not get behind the cone and catch the ball coming forward, do not count their time.

Catch on the run drills
Ages: 10 and up

Purpose: Catching on the run is one of the most difficult things a youth outfielder will have to do. This drill lets them work on

Equipment: Baseballs, safety balls, or tennis balls
Set up: This is more of a drill series than a single drill. Below is the set up for each of the individual drills.

Drill #1 - Catching to the Right

<--P  PPPPPP

C

Drill #2 - Catching to the Left

PPPPPP  P -->

C

Drill #3 - Catching Going Back/Right

P  PPPPPP

C
Drill #4 - Catching Coming In

PPPPPPP   P
     
       
       C

Drill #5 - Catching Going Back/Left

PPPPPPP   P
     
       
       C

Procedure:
1.) During this drill, the line will move all over the place.
2.) The first player in line will sprint in the given direction
3.) The coach will throw a ball of varying direction, height, and velocity toward the player.
4.) The player will do anything they need to catch the ball.

Coaching Cues:
Try not to coach too much on this drill, just allow players to be athletic and learn how to catch the ball on the run.
Read Step BP  
Ages: 8 and up

*Purpose:* To allow players to practice their read steps off a live hitting.

*Equipment:* Full field batting practice set up, or outfielders at each position with a coach hitting fungo.

*Set up:* Put an outfielder at each position. This drill can be done while taking on field batting practice, or by having a coach hitting fungo fly balls.

*Procedure:*  
1.) When a ball is hit in the air to the outfield, the outfielder the outfielder takes a read step and one or two steps in the direction of the ball, but does not go catch it.  

*Coaching Cues:*  
1.) This drill is all about the read step, success is a quality read step and good first step.

Sun balls  
Ages: 10 and up

*Purpose:* To teach players how to catch fly balls the ball in the sun.

*Equipment:* Baseballs and a clear, sunny day

*Set up:* Set up the players so that the player who is “up” is directly in line with the coach and the sun. The coach should be either hitting fungos from 150+ feet or throwing the ball (more basic) from about 60 feet to the players. To ensure the players are in line with the coach and the sun, the coach’s shadow should point directly at the players.

*Procedure:*  
1.) Hit a fungo fly ball or throw a ball (depending on age and ability) to the player who is facing directly into the sun.  

*Coaching Cues:*  
1.) Prior to the ball being hit, the player finds where the sun is and practices putting their glove up to block the sun.
2.) The glove has to go up to block the sun FIRST, before the eyes go up. If the
eyes go up first, they player will likely look right into the sun and be blinded.
3.) Anticipate players to struggle with this and start throwing the ball from a short
distance first, then add more difficulty to it.
4.) Once players begin to master this, start making them move and put two lines
of fielders and add communication to the drill.

**Add Competition:** To add competition to this drill, keep track of the percentage of
balls each player successfully catches.

**Fancy Pants**
Ages: 8 and up

*Purpose:* To teach players to sprint to the spot where the ball will land, and have
some fun! In order to catch the ball in the prescribed manner, players will have to
sprint to the spot and get set up prior to the ball getting there.

*Equipment:* Tennis balls... do not use hard balls for this drill.

*Set up:* Set up a line of players (add more coaches to minimize the size of the
line) and a coach several yards away.

*Procedure:*
1.) The coach points one direction (similar to the read step and go get it drill)
2.) The player performs a read step with the appropriate foot.
3.) The coach throws a fly ball that the player will have time to get under, but has
to move for.
4.) The player sprints to the spot where the ball will land, reaches their glove
hand behind their glove leg, and catches the ball in front of their body, but
under their legs.

*Coaching Cues:*
1.) Allow players to have fun, concentrating only on them sprinting to the spot
where the ball will land. Obviously if they catch it or not is irrelevant because
they won’t be trying to catch a ball like that in a game.

*Add Competition:* This is an excellent chance to incorporate competition into
practice. Count the total number of catches each player makes, or give them
one point for getting to the spot in time, and two more for making the catch.
Rabbit and Hunter
Ages: 13 and up

Purpose: Learning to catch the ball on the run, and condition.

Equipment: Two coaches, two buckets of baseballs and two empty buckets.

Set up: About 40 feet (or less for younger ages) into the outfield, set up a bucket on each foul line. One coach stands on the infield between second and first with a bucket of baseballs, the other stands between second and third with a bucket of baseballs. The players are paired up and start on the left field line by the bucket that has been put out.

Procedure:
1.) The first pair of players will start jogging from the left field line to the right field line in an arc.
2.) One player will be about 10 yards in front of the other.
3.) The coach will hit a fly ball, line drive, or ground ball to the first player in the pair so that they need to run hard, go in, back, or make some other adjustment to catch the ball.
4.) After they catch the ball, they flip it to the trailing player.
5.) After fielding the ball on the left field side, they jog to the right field side and repeat with the coach on the right field side.
6.) The drill repeats with the players running from right field like to left field line.
7.) After they get back to the left field line, switch the player who is in front.

Coaching Cues:
1.) Sprint to the ball once it is hit.
2.) HAVE FUN!

Rob it!
Ages: 12 and up

Purpose: To learn how to navigate balls near the fence.

Equipment: Outfield fence and baseballs.

Set up: Initially start players close to the fence, so they have less ground to cover before getting to the fence. In the close set up, the coach will throw the ball near,
or slightly over the fence. As they get better, move back and hit fungo near the fence.

Procedure:
1.) The coach throws, or hits a fungo near the fence
2.) The player tries to catch the ball with the help of his teammate’s verbal communication.

Coaching Cues:
1.) The outfielder should know approximately how many steps they are from the fence at the beginning of the drill.
2.) The outfielder should get to the fence as quickly as possible, find the fence with their throwing hand before trying to catch the ball (if possible).
3.) The outfielders who are waiting should yell “you’ve got room!” if the outfielders is in no danger of running into the fence.
4.) If they are on a collision course with the fence, the other outfielders should yell a number to let them know approximately how many feet they are from the fence.

Add Competition: Since this requires help from all parties, this should be a whole team competition, not an individual one. Require your players to get a certain percentage, or require them to get to a fixed number of successful repetitions.

WR and DB Drills
Ages: 12 and up

Purpose: To work on caching on the run with distraction, and communication.

Equipment: Baseballs

Set up: Pair up athletes who have similar athletic ability. Select one to be the wide receiver and one to be the defensive back. They start from about 15 feet on either side of the coach.

Procedure:
1.) When the coach says “go” the wide receiver tries to get open and catch a pass from the coach.
2.) Once the ball has been thrown the defensive back may stay close to the wide receiver but should not interfere with him catching the ball.
3.) When reaches its highest point, the wide receiver should call “ball, ball, ball” and the defensive back should echo his name.

*Coaching Cues:*
1.) Proper communication
2.) Sprinting to the spot of the ball.

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Drills and Tactical Games

Part 2 - Ground Ball Drills

Partner Throwing Foot Drills Ground Balls
Ages: 7 and up

Purpose: To teach players to catch the ball with their glove foot coming forward.
Equipment: One baseball for every two players.

Set up: Players are set up across from each other like they are playing catch. Each pair has a baseball.

Procedure:
1.) The foundation for this drill can be set while players are doing their catch drills. Have them always receive the ball with their glove foot coming forward.
2.) The player rolls the ball to their partner. Their partner practices fielding the ball with one hand, outside their body with their glove foot coming forward.
3.) Initially, have the players freeze when they field the ball to ensure they are fielding it with their glove foot forward.
4.) After players get comfortable fielding the ball with their glove foot forward, have them come through the ball and long step (but not throw).
Coaching Cues:
1.) Ensure players are fielding the ball with their glove foot forward.
2.) See that the players are fielding the ball like an airplane, not a helicopter. Their head level should slowly go down, not quickly when they get to the ball.
3.) Players should turn their instep toward the target on the long step.
4.) The long step should be more “out” than “up.”
5.) Shoulders should get turned toward the target on the long step.

Do or die drill
Ages: 12 and up

Purpose: To simulate a “do or die” situation where fielder must catch a ground ball and get rid of it as quickly as possible to make a play at the base.

Equipment: Baseballs, net to throw to, or player/coach as cutoff man.

Set up: If you don’t have enough coaches to have four lines, use players as coaches to roll the ball (or hit a fungo) to each, use another player in the coach spot. If you don’t have nets for each line, use a player as a cutoff man.

The distance between outfielders, coaches and the net/cutoff man should be age appropriate, but should challenge the players to make long throws.

P   P   P   P

C   C   C   C

N   N   N   N

Procedure:
1.) The coach/player rolls the ball or hits a fungo to the outfielder.
2.) The outfielder charges the ball hard and fields it with their glove outside of their glove foot (p. 14) with their glove foot forward.
3.) The player makes a strong throw to the target.
4.) Since this is a “do or die” play, the target/cutoff man should be far enough away to simulate a throw to third or home.

Coaching Cues:
1.) Get to the ball as quickly as possible.
2.) Get rid of the ball in one step. Field left, throw right.
3.) Get a good long step.
4.) Make a strong, low throw.

Add Competition:
Time players from when the ball hits their glove until the ball hits the target. Give points for the quickest to get the ball to the target, and for hitting the target.

Safety Ground Ball Drill
Ages: 8 and up

Purpose: To teach kids to work on fielding ground balls “infield” style for very bumpy fields, or when there will not be a play on a runner on the base

Equipment: A bumpy area of your field, baseballs.

Set up: Same set up as the “do or die” game without the net/cutoff man.

Procedure:
1.) The coach/player hits a fungo or rolls a ball to the outfielder.
2.) They break down and field the ball like an infielder.
3.) The bumpier the part of the field, the better.

Coaching Cues:
1.) Legs apart and field out in front like an infielder.
2.) Keep the ball in front, but do not go down to on knee

Angle Ground Ball Drill (No Doubles)
Ages: 10 and up
Purpose: To teach players to take deep angles on ground balls, especially in no doubles situation (p. 9) and to get players used to fielding ground balls on the run.

Equipment: Two cones, a bucket full of baseballs, and two buckets.

Set up: Set up two cones 30-40 yards apart (less depending on the age and ability level of your player) and a coach with a fungo and a bucket of baseballs at about 30-40 yards from the outfielder. Place an empty bucket balls by each cone.

Procedure:
1.) The coach hits a ground ball fungo inside the two cones.
2.) More velocity and closer to the cones will be the more difficult players.
3.) The outfielder must try to get to the ball and field it cleanly before it goes between the two cones.

Coaching Cues:
1.) Teach players to take deep angles to keep the ball from getting by them.

Add Competition: Every ball the player gets to before it passes through the cones, and fields cleanly, he gets three points. If he gets to it and keeps it from getting to the cones, but does not field it cleanly he gets one point.
Advanced competition: To create an advanced competition, add a net or cutoff man to have the outfielder make a throw to after they field the ball. Give them an additional three points for hitting the net or cutoff man.

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Drills and Tactical Games

Part 3 - Throwing Drills and Games

Get Behind it with Throw

*Ages:* 7 and up

*Purpose:* To teach players to set up behind the ball and catch the ball with their glove foot and momentum coming toward the target.

*Equipment:* 3-4 cones, tennis balls, safety balls, or hard balls, target (net) or coach/player as a cut man.

Set up: Similar to the “do or die” drill except the coach is closer to the player.

```
   P       P       P       P
   C       C       C       C
   N       N       N       N
```
**Procedure:**
1.) The coach throws the ball up directly over the player’s head.
2.) The outfielder gets behind the ball.
3.) The outfielder catches the ball coming forward with their throwing foot leading the way.
4.) After catching the ball, they take a long step and throw to the target.

**Coaching Cues:**
1.) Players should be about 2-3 feet behind where the ball will land (this drill can also be done without moving forward to catch the ball, just getting behind it and letting the ball drop).
2.) Catch with bare hand by the glove.
3.) Glove foot should be moving forward as they catch the ball.
4.) Long step should turn the throwing foot instep to the target.
5.) Long step should go out more than up.

**Add Competition:** Count the number of times the player hits the cutoff man or net.

---

**Throwing for Accuracy and Time**

**Ages:** 8 and up

**Purpose:** To teach players how to maximize their momentum so they get rid of the ball and make strong accurate throws.

**Equipment:** A target or net, several baseballs, a stop watch, clipboard, and the outfield throwing for accuracy chart.

**Set up:** You will need one chart, clipboard, and stop watch for each target and line. Set up the target such that the player has to make a strong and relatively long throw.

**Procedure:**
1.) Throw the ball directly over the player (just like get behind it and throw drill).
2.) The player will get behind the ball and catch it in the same manner as the previous drill.
3.) The coach starts the stopwatch as soon as the ball hits the outfielder’s glove.
4.) The coach stops the stopwatch as soon as the ball hits (or passes) the target.
Coaching Cues:
1.) Don’t talk too much about technique, this is a great drill to let players find how they can minimize their time and maximize their velocity and accuracy.
2.) Be sure to talk with player and have them verbalize their method of improving their time.

Add Competition: Have players compete against themselves, not against one another. They want to minimize THEIR time, while maximizing their accuracy and velocity.

Score this game as follows:

<table>
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<th>Name</th>
<th>Catch to Target Time</th>
<th>C2T Rank</th>
<th>Target Hits/Total Tries</th>
<th>Target Hits Rank</th>
<th>Total Rank</th>
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Whoever has the lowest total rank wins

Long Toss Outfielder Style
Ages: 10 and up

Purpose: To add an outfield component to long toss.

Equipment: Fungo bat, cones, cutoff man or net, bucket of baseballs

Set up: Set up a net next to the coach and set up four cones at progressively longer distances with the most distant cone at the longest throw your outfielders will need to make. The line starts behind the last cone but the player who is “up” starts at the first cone.

N

P

PPPP

C

x

x

x

x
**OUTFIELD**

Procedure:
1.) The coach hits a fungo (ground ball or fly ball) to the player who is “up.”
2.) They field the ball and throw to the net.
3.) As soon as they clear, the coach hits it to the next player.
4.) After each player has gone through three times at the first cone, they move to one cone back. They should make 12 total long throws, three from each distance.
5.) It is ok if they move from the cones to get the ball.

Coaching Cues:
1.) Ensure they are fielding or catching the ball with their glove foot forward.
2.) See that they have a proper long step.
3.) They should keep the ball low, one hopping it to the target instead of having a big arc on the ball.

Add Competition: Add more cones and see who can make a successful throw from the farthest cone, but be careful not to over extend player’s arms; especially pitchers.

4 - Cone Drill
Ages: 8 and up

Purpose: To create athletic outfielders, to have outfielders who can change directions quickly, make adjustments, and play fluidly.

Equipment: Four (eight or twelve if setting up multiple stations) cones and five baseball and a net (or cutoff man) at each set up.

Set up: The cones are set up in a big square with a single player in the middle. There should be a cutoff man or net at an appropriate distance from the cones. The coach will be in front of the cones near the cutoff man/net.
**Procedure:**
1.) The coach will hit a fungo fly ball or line drive to some location in the cones.
2.) The outfielder will field it (with proper technique coming through the ball) and discard it well behind or to the side of the cones.
3.) As soon as he catches the ball, the coach will hit another fly ball or line drive fungo to another area in the cones.
4.) This will repeat until the coach has hit four fly ball on line drives.
5.) The last ball hit will be a ground ball right in the middle of the cones.
6.) The player will field it like a “do or die” and will make a throw to the net or cutoff man near the coach.

**Coaching Cues:**
1.) We want players to be athletic, but they also need to use good technique and get behind the ball and catch it coming through where possible.
2.) Watch for good technique on the ground ball, and see that the ball stays low when it is thrown.
3.) Make sure the cones are far enough apart to make players move around a considerable distance.
Drills and Tactical Games

Part 4 - Communication Drills and Games

These drills are intended to be a progression. You must work on the simpler ones first, until your players understand the communication system. Failure to do so can create an unsafe situation for you players.

One Person Communication Drill

Ages: All ages

Purpose: To teach players how to call the ball, and to teach other players how to implement the communication system.

Equipment: Baseballs

Set up: Players set up in pairs like they are playing catch about 90 feet apart (shorter for younger players).

Procedure:
1.) The player tosses the ball int he air to his partner.
2.) The partner gets behind the ball (to catch it coming through).
3.) The outfielder calls the ball by saying “ball, ball, ball.”
4.) The partner echoes his name.
Coaching Cues:
1.) Each player needs to be loud with communication.
2.) Even though this is a communication drill, you should correct their technique of getting behind the ball and catching it with their glove foot forward.
3.) Add a long step for more advanced players.

Two Player Communication Drill
Ages: 10 and up

Purpose: To work on communicating on fly balls.

Equipment: Baseballs

Set up: Two players start at an age and skill appropriate distance from each other. The farther apart you start the players, the more difficult the drill. Be sure to designate one person as being the “center fielder” for priority sake.

Procedure:
1.) The coach either throws or hits a fly ball between the two outfielders.
2.) The outfielders use the priority system with call and echo to catch the ball.

Coaching Cues:
1.) Do not let them call the ball until it gets to its apex.
2.) Make sure each player is abiding by the communication system.

Add Competition: Since this is a team effort, set a total number of successful catches the team must make. If they drop one, or one hits the ground start over at zero.

“W” Drill
Ages: 12 and up, this is an advanced drill and should only be done by teams that have a good understanding of the communication system.

Purpose: To work on communication going backward, and to create chaos for the communication system.

Equipment: Five cones and at least three baseballs.
Set up: Set up the cones in a “W” shape with an age appropriate distance between them. One coach (or player) starts at the bottom of each end of the the “W” and a coach (or player) in the middle of the W.

Procedure:
1.) The players will run from the back cones to the front ones.
2.) The coach on each side throws a line drive to player as they run to the cone.
3.) After the player catches the ball, they discard the ball toward the coach, then turn and sprint to the cone in the middle at the top of the “W”
4.) The coach in the middle throws the ball up in the air to the top of the “W” when both of the players begin sprinting toward it.

Coaching Cues:
1.) This drill is designed to make athletes shift their focus quickly to the communication mode by making them concentrate on catching the ball coming toward them first.
2.) Make sure all athletes in this drill are comfortable with the communication system, and have worked through the previous communication drills successfully.
3.) Designate one line to the “center fielder” for priority purposes.
Add Competition: Since this is a team drill, require your team to get a certain number of successful repetitions in a row. If there is a drop or the ball hits the ground, start over.

“X” Drill
Ages: 14 and up

Purpose: To work on communication

Equipment: Five cones and a baseball

Set up: Set up the cones in an “X” with a cone in the middle. Put a player at each cone and the coach in front of the “X.”

Procedure:
1.) The coach throws a ball up in the air to the center cone, all four players converge on the ball, communicate it and catch it.

Coaching Cues:
1.) Make sure all athletes in this drill are comfortable with the communication system, and have worked through the previous communication drills successfully.
2.) The players farthest from the coach are the outfielders and one of the should be designated the center fielder.

3.) The players closest to the coach are infielders. The infielder on the same side as the center fielder should be considered the shortstop.

Add Competition: Since this is a team drill, require your team to get a certain number of successful repetitions in a row. If there is a drop or the ball hits the ground, start over.

Chicken Drill
Ages: 14 and up

Purpose: To enhance communication on fly balls.

Equipment: Two cones and baseballs

Set up: Set up two cones about 100 feet apart with a player at each cone. The coach should be about 50 feet in front of the midpoint of the two cones.

```
X P   P X
    C
```

Procedure:
1.) The coach designates one player (cone) to be the center fielder.
2.) When the coach says “go” both players start sprinting at each other.
3.) The coach throws (or hits) a ball between them.
4.) The players use the communication system to catch the ball.

Coaching Cues:
1.) Make sure all athletes in this drill are comfortable with the communication system, and have worked through the previous communication drills successfully.
Add Competition: Since this is a team drill, require your team to get a certain number of successful repetitions in a row. If there is a drop or the ball hits the ground, start over.

Full Field Communication
Ages: 10 and up

Purpose: To work on the full communication and priority system with infielders and outfielders.

Equipment: Baseball

Set up: A player at each position (players who are waiting at a position should be off the field. One coach should be on the first base side of home plate, and one should be on the third base side of home plate.

Procedure:
1.) The coach on the first base side hits a pop-up or fly ball to the right side of the field.
2.) The players converge on the ball, use proper communication an catch the ball.
3.) As soon as the coach on the right side hits the ball, the coach on the left side hits a pop-up or fly ball to the left side.
4.) Repeat this alternating process.

Coaching Cues:
1.) Ensure that the communication system is being used properly.
2.) Make sure two coaches don’t hit the ball to the middle of the field at the same time.
3.) Even though this should be a fast paced drill, allow players to get set prior to hitting another ball.
4.) Try to hit a variety of types of balls; pop-ups, foul pop-ups, fly balls, etc.

Add Competition: Keep track of how many consecutive balls each side of the field catches.
Indoor Practices

Part 5 - Maximizing Indoor Practice Time With Outfielders

It is very, very difficult to simulate baseball inside. It is even more difficult to simulate what an outfielder has to do in a game indoors. In fact, it is virtually impossible to see a real fly ball inside a gym, field house, or any other facility. Because of that, many outfielders do not get much out of any indoor practice.

However, with proper planning, your outfielders can get better during indoor practices. The key is to be organized, have a plan, keep practice moving quickly, and specific goals for each session.

Priorities for indoor practice:
1.) Develop a proper pre pitch routine
2.) Develop read step footwork
3.) Develop proper footwork for catching fly balls
4.) Develop proper footwork for fielding ground balls
5.) Develop the communication system
6.) Develop proper throwing and long step technique
7.) Instill the concept of sprinting to the spot, not drifting to the ball.
The following drills are either designed for, or can be easily transitioned to fit into a small indoor space:

1.) Overhead Catch Tennis Ball
2.) Get To It
3.) Get Behind It
4.) Partner Throwing Foot Drill Fly Balls
5.) Get Behind It Playing Catch
6.) Introduce Read Step
7.) Read Step and Movement
8.) Read Step and Go Get It
9.) Catch on the Run Drills
10.) Fancy Pants
11.) Partner Throwing Foot Drills Ground Balls
12.) Angle Ground Ball Drill
13.) Get Behind It and Throw
14.) 4 - Cone Drill
15.) One Person Communication
16.) Two Player Communication
17.) “W” Drill
18.) “X” Drill
19.) Chicken Drill
Part 1 - Conditioning Needs of an Outfielder
The basic conditioning needs of the outfielder are not that much different than those of any other baseball player since they will be performing many of the same functions. Outfielders need to have good rotational core strength (for hitting, and throwing), good agility, and good speed.

The major difference between playing the outfield and any other position is that they may have to run a long distance (up to 100 feet), then make a play on the ball. No other position on the field has this requirement.

To meet this need, outfielders must develop a quick first step, accurate feet, have high top end speed, and be able to make athletics adjustment after running a long distance. Most of these can be developed by training your athletes in a similar manner to other players.

Part 2 - Conditioning Outfielders
If done properly and with good pace, outfielders should not need to do any additional conditioning after practice is finished. Putting together a series of drills
and having outfielders go hard during them should be all of the conditioning they need. However, if you do feel that your outfielders need extra conditioning, they should do conditioning drills that require them the sprint in bursts up to 100 feet. Below are some sample conditioning plans for outfielders:

Agility Drills w/ Ladder and Small Hurdles
Do each of the following down and back on an agility ladder
- March Skip
- Two in each rung
- Two in each rung, w/high knees
- Toes in, toes out
- Bunny Hop
- Two in two out facing sideways
- Juke Drill
- Karaoke with high knee over
- Alternating Right, Left Skip

Do each of the following down and back with 7-10 small hurdles
- Form run, high knees
- Front hop
- Side hop
- Side run w/ high knees
- Side jump with 1/2 twist
- Run arounds

Focus on quick initial step, time each
10 X 10 yard sprints
  4 straight on
  2 starting facing backward
  2 sprinting to the right
  2 sprinting to the left

10 X 10 yard sprints
  2 starting laying face down, head toward destination
  2 starting Indian Style facing destination
  2 starting laying on back, feet toward destination
  2 starting on knees facing destination
  2 starting on knees facing away from destination
The goal of your outfield practice should be that your team does not need any additional conditioning. If done correctly, they should be dog tired when they leave their outfielder individual segment. With that being said, the agility programs and quick burst program can be a nice addition to a normal practice day to enhance players athleticism and build appropriate athletic movements for outfielders.
# Other Learning Opportunities From Cornerstone Academy

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<td>A quick list of 10 ways to make your youth pitcher maximize their potential.</td>
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<td>This eBook takes you around the bases and gives detailed base running techniques and methods of implementation</td>
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<td>This eBook takes you from day one to the end of the season for first year coaches and gives at least 3 drills for each major component of the game.</td>
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<td>The Silver Library has over 55 documents including 60 tactical games, teaching progressions, drills, eBooks, videos, practice plans and program assessment documents</td>
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<td>This ever evolving collection of skill and drill videos serves as a portable library for you to take with your right to practice to show your players videos of the drills you are doing in practice.</td>
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