

Sean Hall's Favorite Drills

Infield Drills

Five Ball Pre-Game Drill

Corner Infielders (1B, 3B) stand about 30 feet from coach. Middle Infielders are about 60 feet. Player #1 takes a grounder right to them, then a back hand, then a glove hand, then a slow roller and then player runs around hitter into outfield grass for a pop-up. Players in line need to either be catching for coach or backing up all ground balls. Rotate after pop-up.

Team Rundown Drill

In this drill there are two teams. Team #1 is fielding and starts with at least one player on each base, including home. One player starts with the ball near the pitching circle. Team #2 is running and starts with one player in the middle of 3rd base and home with a line by the 3rd base dugout. The other player from team #2 starts between 2nd and 1st base with a line of players in the right field grass. Each team has 3 minutes to record as many outs as possible. Team #1 chooses what player to try to get out in the rundown. After the player is either "Safe" or "Out" the defensive player who has the ball immediately goes to the next runner to try to get them out. Team #1 tries to keep getting as many outs as possible. Team #2 tries to stay in the "Hot Box" to delay the outs and to try to be safe. Runners can't move until the defensive player crosses the pitchers mound.

Outfield Drills

Four Ball Fly Ball Drill

Each player gets four fly balls every time it is their turn. Players start by the edge of the player line. The coach hits the first ball into open space. The player runs and catches the ball. The **PLAYER STAYS** where they catch the ball. This will allow the coach to hit to more open spaces. If on ball #1 they had to run 50 feet to the right then on ball #2, I would make them run 50 feet backwards. Then on #3, I would hit them a ball in. The idea is to get them moving and making catches at full speed. If I hit a ball that is either too easy or too hard they get another ball. After the players turn, they become the cut-off. After being cut-off, they catch for the coach. After catching for the coach, they go to the end of the waiting line.

Criss-Cross Outfield Drill

Players line up in two lines across from two coaches with gloves. The lines should be about 40 feet apart. Players are about 15 feet from coaches. Players run diagonally towards the coach that is across from them. Player receives throw from coach on the other side. After the 1st person gets past the middle, the player from the other line comes across diagonally towards the coach that is across from them. After the catch, players throw the ball back to coach that threw the ball to them and go to the end of the line. Make your throws challenging!

Outfield Skills and Drills

Positioning Your Outfielders

Centerfield- Generally will be your best outfielder! Should be your fastest outfielder and needs to be a leader and a very good communicator. It is also important that the centerfielder has a strong and accurate arm. The centerfielder is the only player on the team that has priority on any ball hit in the air.

Rightfield- A strong arm is a must with this position! Depending on how fast your pitcher throws and where she generally pitches this could be the most important outfield position. If you have a fast pitcher that pitches on the outside corner to a right handed batter this outfielder will probably get the most action. The RF also should have a quick release and be able to get the 9-3 out on a hard ground ball.

Leftfield- Leftfield should be very quick with great hands. The leftfielder will get some very hard line drives from right handed batters that pull the ball. They also have to be quick and be able to handle lefty slappers that try to spray the ball down the left field line. A strong arm is nice but not a must at this position. The leftfielder has the shortest throw to 3rd base. If your pitcher doesn't have a lot of speed or likes to throw inside to right handed batters you may want to have your best outfielder in left field.

Outfield Ground Ball and Fly Balls-

One Knee- The purpose of the one knee is to get your body in-front of a base hit to make sure it doesn't go past you. This would only be done when there is no threat of the runner trying to turn the hit into a double. For a right handed thrower have her place her right knee on the ground. Her shoulders should be square to the ball and her right leg should be parallel to her shoulders.

Infield Style- On this base hit there is a chance for the runner to make the next base. The outfielder doesn't have time to put her knee down. On this play a do or die play would be too risky. The outfielder fields the ball between her legs and prepares to throw to the cut-off immediately.

DO or DIE- On this play there is a base hit to the outfield with a runner on 2nd. The outfielder is going to field the ball moving towards home with their glove outside their left foot (assuming right handed thrower). The outfielder takes a big crow hop and throws home. In my opinion this should only be done with the winning run!

Catching Fly Balls- Try to catch the ball over throwing shoulder. Always catch the ball with two hands whenever possible. Try to line your eyes up with the ball and your glove.

Outfield Rules

1. Always catch the ball with two hands whenever possible!
2. Always sprint to back up any ball that is hit to the outfielder next to you!
3. Always sprint to backup your base whenever a throw is possible!

4. Always sprint in to cover any base that may be left open!
5. Know what you are going to do if the ball is hit to you in the air or on the ground.
6. On easy fly balls get behind the ball & move into throw ball to create momentum

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Bermuda Triangle Outfield Drill

Start by having 3 lines of players. One line can be left field, one line can be center field and one line can be shortstop. Hit balls in the middle of all three lines. Make players communicate! Center field has priority over everyone. Left field has priority over shortstop. Once a player has caught a ball they go to the end of the line. You can also do this drill with a full infield and outfield. Just hit balls into spots where 3 people have to communicate. Here are some of the different triangles. {LF, CF, SS} {RF, CF, 2B} {LF, SS, 3B} {RF, CF, 2B} {CF, SS, 2B} {3B, SS, P} {1B, 2B, P} {SS, 2B, P} {1B, P, C} {3B, P, C} Here is the outfield priority list CF over LF over RF over SS over 2B over 3B over 1B over P over C.

Outfielders Groundball & Throwing Accuracy Drill

Coach starts by hitting ground balls to all outfielders starting in right field. Hit player #1 start in VERY DEEP right field. Hit a ground ball to player #1 and have them go down on one knee and block ball and throw to 2nd Base. Then hit another ball to player #1 from where they ended and have them field it between their legs and throw to 3rd base. Then hit one last ground ball to player #1 where they do a do or die and throw home. Then move on to player #2. Use infielders or coaches to cover each base. Try to keep the drill moving so players don't stand in line too long.