

# COAST TO COAST TURF BASEBALL

## OUTFIELDER DRILL SERIES – QUARTERBACK DRILLS

Quarterback drills are to be done daily during individual drill sessions. Drills are meant to work on basic outfielder footwork, and build confidence in the ability to position the body when catching the baseball. Drill period should last 5-10 minutes.

### 1. DROP STEP – DEEP (90 DEGREES)

- a. player lines up 5-10 yards in front of coach
- b. player starts drill by opening up with a deep drop and working back on the ball
- c. open up to both glove side and throw side during drill (do each side 2-5 times depending on time)
- d. drop route will stay within a lateral width of 5 yards
- e. work on catching the ball at same time of glove foot strike to get into quick throwing position
- f. go through throwing motion, including shadow throw with solid fixed glove and follow-through

### 2. DROP STEP – LATERAL (45 DEGREES)

- a. player lines up 5-10 yards in front of coach
- b. player starts drill by opening up with a lateral drop and working back on ball
- c. open up to both glove side and throw side during drill (do each side 2-5 times depending on time)
- d. work hard to position body during catch so momentum is moving towards infield
- e. on catch where momentum carries you laterally, work on pivot throw or power stop throw to infield
- f. finish with shadow throwing motion and proper throwing mechanics

### 3. DROP STEP – HEAD TURN

- a. player lines up 5-10 yards in front of coach
- b. player starts drill by opening with a deep drop and working back on the ball
- c. player will open up to both glove side and throw side (do each side 2-5 times depending on time)
- d. coach will throw the ball in the opposite direction as player with high loft on the throw
- e. upon throw, player will change direction with a head turn towards ball
- f. work hard to position body during catch so momentum is moving towards infield
- g. on catch where momentum carries you back and lateral, use pivot throw or power stop throw
- h. finish with shadow throw motion

### 4. DROP STEP – PIVOT TURN

- a. mechanics of drill are same as the Head Turn drill
- b. difference is player will change direction using an inside pivot turn to get to the ball
- c. coach will throw more of a line-drive type ball just before or during player's change of direction

### 5. DROP STEP – OVERHEAD CATCH

- a. player may line-up 5-10 yards from coach and work on deep drop step to start the drill, or
- b. player may line-up next to the coach in a true QB-WR set and go on coaches call
- c. coach will throw ball so player is making a running overhead catch with back to the coach
- d. player's glove position should be basket style when making the catch to allow for max travel to ball
- e. finish drill by working on power stop and proper throwing mechanics