



SOLD TO THE FINE
mmarianchuk@sasktel.net



25 Outfield Drills

The chart below contains 25 drills that can be used to improve various components of the outfield positions. When you read through them, keep in mind the following:

1. Most of the drills listed below are intended for individual or small group work performed indoors or out.
2. All drills are not created equal. Some of the drills listed and explained below are better than others but all have some value depending on what skills, techniques, and/or mechanics you wish to focus on. Matching the drill to the specific area that needs improvement is key.
3. There are ways to perform these drills beyond what is described below. Issues of space, equipment, and time as well as the size and skill of the players may require you to adjust the drills as needed.
4. The drills listed below are in no particular order.
5. Be sure to consider the safety of players and property involved or nearby whenever performing drills. No drill is completely safe for player or property. Proper supervision and execution is recommended.
6. Be creative and think up your own drills! Be sure to share them!
7. A full-length video demonstrating these drills is coming soon. Stay tuned!

Be sure to check out the Baseball By The Yard YouTube, Facebook, and Twitter pages!

	Drill	Works on ...	How to
1	High Five/Low Five Drill	• Basic catching fundamentals • Quick hands/glove work • Decreases fear of the ball • Promotes less dependence on larger gloves	A partner/coach tosses a ball to the player. If the ball needs to be caught above the waist, a high-five glove position is used. If the ball needs to be caught below the waist, a low-five glove position is used. If at the waist, the player bends his knees and high-fives the ball. This can be done using the glove and normal baseballs or with a bare hand (glove hand only) using tennis balls.
2	Footwork Timing Drill	• Basic catching fundamentals • Improves the footwork and timing of the catch and transition to throwing • Promotes getting behind the ball and squaring up to the infield on the catch. • Decreases the steps of the catch and throw process	A ball is lobbed in the air to the outfielder who positions himself so as to be able to step forward with his glove side foot and land with it at the exact same time the ball is caught.
3	Behind The Ball Drill	• Basic catching fundamentals • Improves the footwork and timing of the catch and transition to throwing • Decreases the steps of the catch and throw process	A ball is thrown or hit into the air. The outfielder squares up a step or two behind the ball and moves forward to catch the ball using the proper footwork and timing on the catch.
4	Dive Bomber Drill	• Catching the ball while running • Proper running technique • Improves outfield range • Improves angles and lines to the	A player jogs to a coach, tosses a ball when close, runs around the coach, and goes out for a football style pass. The ball is thrown so the player must track

		ball	the ball down and catch on the move. Players should do a few reps from both sides of the coach to practice catching balls over both shoulders.
5	<i>Drop Step/Hop Step Drill</i>	• Catching the ball while running • Proper running technique • 1st step mechanics and quickness • Range • Improves angles to the ball	A ball is thrown by a partner or coach over one of the player's shoulders. The player drop steps (or hop steps) and tracks down the fly ball and makes the catch. Balls can be thrown over both shoulders to work on drop steps (or hop steps) to both sides.
6	<i>Zig-Zag Drill</i>	• Catching the ball while running • Proper running technique • 1st step mechanics and quickness • Correctly adjusting to changes in the fly ball • Range	This drill is similar to the Drop Step Drill. The player drop steps to one side. The partner/coach then tosses the ball to the other side. The player whips his head around (temporarily losing sight of the ball) and turns to go after the ball in the other direction.
7	<i>Across the middle Drill</i>	• Catching the ball while running • Proper running technique • Range	The player sets up about 20 feet left of the partner/coach. The player runs straight ahead about 15-20 yards and makes a sharp right turn and proceeds across the middle. The partner/coach throws a line-drive pass leading the player so he has to catch on the run. After a few reps, the player sets up on the other side of the partner/coach to receive throws while going across in the other direction.
8	<i>4 Cone In Drill</i>	• Catching the ball while running • Proper running technique	Four cones are set up forming a square with each side about 20-30 feet. The

		• 1st step mechanics and quickness • Range	player sets up next to one of the cones. The partner/coach lobs a ball to the center of the square. The player breaks towards the center using the proper first step based on what direction they are moving from and makes the catch. The player alternates cones to change the direction from which they are traveling.
9	4 Cone Out Drill	• Catching the ball while running • Proper running technique • 1st step mechanics and quickness • Range	Similar to the <i>4 Cone In Drill</i> but the player always starts in the center of the square. The partner/coach lobs the ball the various corners/cones. The player uses the proper footwork and angles to track down each ball.
10	Corner Drill	• Better angles and lines to the ball • Proper footwork technique and timing to the ball and throughout the catching and throwing process • First step quickness • Throwing mechanics and accuracy (if added)	If done in a gym, the outfielder(s) line up in the corner of one side of the gym. A coach (in the opposite corner in the other side of the gym) rolls a ball to the vacant corner on the players' side. The outfielder runs to cut the ball off. After getting to the ball the outfielder spins and throws to a cut off man in the far corner of the gym. Outfielders should do the drill in both directions. This play mimics a ball hit to the gaps or corners where the outfielder must cut the ball off and return it to the infield quickly.
11	Diving Drill	• Better angles and lines to the ball • First step quickness • Eye/hand coordination on the dive and catch	Five cones are placed in front of a partner/coach in a semi-circle – 2 directly to the side, 2 on a diagonal out in front and one directly in front. All cones are about 20-25 feet away from

			the partner/coach. Phase 1: Start by having a ball in the outfielders glove. He sets up at one of the cones. Have him break to the center of the semi-circle and dive with his arms stretched out in front. Have him plant his hands and bring his feet up to his hands using his forward momentum. The outfielder starts, breaks, and dives starting at each cone until the outfielder gets the hang of the dive and up procedure. Phase 2: A partner/coach stands in the center of the semi-circle and lobs a ball straight up into the air. The outfielder starts at one of the cones in his set-up position. When the ball is lobbed, the outfielder breaks to the ball, dives for it, and quickly gets back up and into the throwing position. The outfielder moves to a different cone and repeats from that angle. The partner/coach stays in one spot. The outfielder moves to different cones to alter the angle of his approach. This drill can be done indoors (gym) using a large blanket or sleeping bag for the ball to be lobbed over and the player to dive on. It provides a little padding and will slide easily on a hard floor.
12	Slide Catch Drill	• Better angles and lines to the ball • First step quickness • Eye/hand coordination on the	Same as the Dive Drill but sliding feet first instead of diving hands first. For safety, have the outfielders practice

		dive and catch	the slide catch without shoes on to prevent spikes from catching the dirt/grass or sneakers from stopping on the gym floor. No shoes will help the player slide more easily.
13	HR Rob Drill	• Eye/hand coordination on the catch • Better angles and lines to the ball • First step quickness • Footwork timing on the jump • Reading balls hit to the fence	Have the player set up about 20-25 feet from a wall or fence. The player breaks to the wall/fence and a partner/coach lobs a ball so that the player is able to jump and catch the ball up against or just over the wall/fence. After a few reps, have the player break to the wall/fence from a different angle. To promote safety, be sure to pick a wall/fence that does not have any protruding parts that can hurt a player who jump into it to catch.
14	Over the Top Drill	• Proper outfield throwing mechanics • Timing and footwork of the catch and throw transition	A player starts with a ball in his glove that is out in front as if he just caught a bouncing ball hit to him. The glove side foot should be forward. The player uses the proper footwork and throws a ball to a wall/partner using the correct big circle, over-the-top motion for outfielders. This throw is not a long one. The purpose is just to teach the proper throwing motion so distance is not a priority.
15	Crow Hop Drill	• Proper timing and footwork to and through the ball • Proper outfield throwing mechanics	A player starts with the ball in his glove with his glove side foot forward. When set, the player crosses over with the other foot in a hop towards his target

			and proceeds through the proper outfielder throwing motion – big circle and over-the-top. The crow-hop with allow for a longer distance throw so the partner/wall can be a bit farther away.
16	Come Up Throwing Drill	• Proper timing and footwork to and through the ball • Proper outfield throwing mechanics • Accuracy	A player sets up at one end of the gym or about 100 feet away if outside. A partner/coach rolls/bounces a ball towards the outfielder who charges the ball, fields it outside his glove foot while moving, and proceeds through the proper crow hop and throwing motion for outfielders. If inside, the outfielder can throw to a spot on the wall. If outside, the outfielder could throw to a base, partner, or net.
17	Long Toss Relay Drill	• Proper timing and footwork to and through the ball • Proper outfield throwing mechanics • Accuracy	This uses multiple players in a continuous relay. All players line up in the far end of a gym. The first player in line crow hops and throws to a spot on the far wall. The ball rebounds off the wall and bounces towards the next player who charges, fields, and throws to the same spot on the wall using the proper footwork to and through the ball and proper throwing mechanics as well. The relay continues like that through all the players until time is up or when each player has gone a specified amount of times.
18	One Hop Drill	• Proper approach and footwork to and through the ball	This works much better with a longer throwing distance on a parking lot or

		• Better angles and lines to the ball • First step quickness. • Strong accurate throws	field. Outfielders receive a fly ball or ground ball hit to them. Using the proper footwork and throwing mechanics throughout, the outfielder throws an easy-to-handle one-hop throw to a base. Throws that short hop the player at the base and those that bounce multiple times before reaching the base should be avoided.
19	<i>On the Bag Drill</i>	• Proper approach and footwork to and through the ball • Better angles and lines to the ball • First step quickness. • Strong accurate throws	Same as the <i>One Hop Drill</i> above except this time the outfielder is required to make an accurate throw to a target without bouncing it. The throw should be firm and accurate right to the bag in the air.
20	<i>Sun Balls Drill</i>	• Catching the ball that is in-line with or near the sun or light • Learning to wear sunglasses – especially the Flip-Down type	A player sets up facing the direction of the sun (or bright light of a gym). The ball is tossed into the air so that the ball is in line with the sun/light. The player uses the various techniques (stiff arm, moving to the side, etc.) to adjust in order to catch the ball.
21	<i>Call Off Drill</i>	• Communication with teammates • Assertiveness / aggressiveness • Basic catching fundamentals • Better angles and lines to the ball • First step quickness.	This drill works best with infielders and outfielders involved. An outfielder and infielder line up about 70-100 feet apart. A ball is lobbed high in the air between them. The infielder goes back on the fly ball and the outfielder charges inward towards the ball. One calls the other off and the other peels out of the way.

22	<i>Find the Wall Drill</i>	• Reading fly balls near outfield or foul area walls	This drill uses the outfield wall/fence or similar wall/fence found in foul territory. Outfielders get about 20-30 feet away from the wall/fence. A fly ball is thrown into the air near the wall/fence. Outfielder must get to the wall/fence and try make the catch while contending with the wall/fence in fair or foul territory.
23	<i>Fence Backup Drill</i>	• Communication with teammates • Reading balls off the bat and approach to the outfield walls	This drill positions two outfielders about 50 feet apart and about 30 feet away from the outfield wall. A ball is hit or thrown in the air towards the wall. Players must communicate who is going for the ball and who is going to back up the play in case the ball bounces off the wall and past the outfielder who tried to catch it.
24	<i>Over the Head Drill</i>	• Catching the ball while running • Proper running technique • 1st step mechanics and quickness • Range • Eye/hand coordination	Similar to the Drop Step/ Hop Step Drill but the ball is thrown directly over the head of the outfielder. The outfielder runs straight back and works on the over the head catch on the run.
25	<i>Back to the fence Drill</i>	• Proper running technique • Proper footwork to the correct side of the ball. • Quick return to the infield	An outfielder sets up about 20-30 feet away from an outfield wall or fence. A partner/coach throws a ball over the outfielder so that it rolls to the fence. The outfielder goes after the ball and fields it off the fence. If the outfielder is right handed, he should be sure to get to the right side of the ball when fielding. If left handed, he should get to the left.

			Players should also focus on getting to the ball as fast as possible and throw the ball back to the infield as fast as possible as well.
--	--	--	--