**Outfield Absolutes**

1. Positioning
2. Decision-Making
3. Angles/Route-Efficiencies
4. Communication
5. Catching
6. Fielding
7. Throwing

**POSITIONING**

* *Straight-up* (Extension of baseline for corner OF)
* *Plus Count Adjust* (2-3 back, 2-3 pull)
* *2k Count Adjust* (2-3 in, 2-3 oppo)
* *“No Doubles”* (deep & favor the lines, keep ball in front of us and improves angles)
* *Emergency Throw* (shallow enough we feel comfortable to throw runner out at home)

\*ALWAYS glance into dugout between pitches – coach may have an adjustment

Other things to take into consideration:

* Batters’ previous ABs/Swing Pattern, Field Conditions (grass speed, wall angles/depth, sun, sky)

**DECISION-MAKING**

* PRACTICE (take risks to understand capabilities/limitations)
	+ Powershag BP – DIVE for balls, track everything from your standard positioning to learn RANGE
* Pre-pitch
	+ Mentally run through scenarios. Know what you’re doing and where you’re going with the ball before the pitch is thrown.
* Catch
	+ Can I make the catch? Is now a good time to take the risk? Do I have backup? Etc.
* Throw
	+ Where are the baserunners? Who are baserunners? Keep DP in order. Etc.

**ANGLES/ROUTE-EFFICIENCIES**

* Getting good jumps
	+ Athletic Positioning (shoulders over knees, knees over toes, balls of feet)
	+ RHH – left step, right step (as ball enters hitting zone)
	+ LHH – right step, left step (as ball enters hitting zone)
	+ Pitches relayed from middle infielders (anticipation)
* The fastest route between Point A & Point B… Straight Line.
* This is the IDEAL SCENARIO, however, we aren’t always perfect!
	+ Create room for error EARLY IN ROUTES
		- HIPS! As OF we wants to be running, not shuffling. When we run, we go where our hips are pointed. Clear the hips and get going in the right direction.
			* Deep angles/Drop steps (yes, this helps keep ball in front, but we do it primarily to create angles and easier adjustments i.e. ball directly overhead, or shallowing out a route rather than peeling away from infield.
		- Hard Breaks – bust out of stance, then adjust. We want soft adjustments in routes.
* In-Route Adjustments on mis-reads (YES, they do happen, don’t panic!)
	+ 2 options: Back Turn, Hips Open
		- Back Turn – Turn back to ball to flip sides. Best used EARLY (Pre/as ball apexes) in routes.
			* Focuses: Pick ball back up quickly! Chin – shoulder to shoulder, maintain speed and trajectory (don’t lose hip direction)
		- Hips Open – Open up to the ball. Best used LATE (post-apex) in routes as we make the catch to maintain ball sight.
			* Focuses: Don’t get legs twisted. Like a football DB – Sink Hips, Drive Knees. Stay under control.

Drills/Progression:

1. BP
2. Athlete Drill (Deep drop step) – barehand
3. Athlete Drill w/ adjustment – back turn & open hip (fade route/back shoulder throw)
4. Hip Work – Running transitions (back turn and open hip)
5. 4 Cone T Drill
6. 8 Point Reaction
7. 8 Point Reaction w/ tennis ball
8. 3 ball drill – jump, back turn, open hip

**COMMUNICATION**

Constant communication is important – between pitches, weather conditions, positioning adjustments, etc.

Consistent communication – terminology (in, back, wall, mine, ball, you, etc.)

Priority – CF, OF v Inf

Drills/Focus:

1. BP
2. Pop-up comm./Triangles drill (w/ infielders)
3. 2 man wall ball communication

**CATCHING**

* Tips up, above the shoulder
* Gets eyes to ball level (sliding/diving)
* Tucked & pumping, reach to catch

Drills:

1. BP
2. Kneeling over shoulder catches
3. Standing, pumping arm tennis ball catches
4. Pad/Sliding mat – diving/sliding catches

**FIELDING**

* Under control
* No one on base, break down & field it like an infielder
* Baserunners on (decision should already be made) fielding on the move
	+ SMOOTH, RHYTHMIC, EFFICIENCIENT, CONSISTENT
		- Glove Foot Forward
		- Throwing Foot Forward
	+ On the clock (baserunner advancing) how do we beat the clock?
		- NOT rushing throw
		- NOT throwing harder
		- Beat the clock by ATTACKING THE BASEBALL (100% break, breakdown & accelerate through the ball)
	+ Picking the right hops (short/smother hop, long hop after apex)
* Field with Tips down NOT flat fingers on the ground (more surface area)

Drills/Focus:

1. BP
2. Short hop fielding position w/ skip (accelerate through ball and into throwing position)
3. Side to side partner rolls (creating depth & getting around balls, spin throws, backhand)
4. Mixed fungo (creating angles & depth to target, attacking the baseball, picking the right hop)
	1. Always getting into throwing position

**THROWING**

* SMOOTH, RHYTHMIC, EFFICIENT, CONSISTENT
* Get the ball in throwing hand as soon as possible to secure 4 seam grip
* Create TILT with shoulders (unlike Infield) because of longer throws with more trajectory
* Aim at partners’ left shoulder (aim small miss small)
* CONSISTENT delivery – a lot like a Pitcher. In order to throw out runners we need to be ACCURATE & STRONG with our throws
	+ That comes from consistency and NOT RUSHING our deliveries.

Drills/Focus:

* Pre-practice catch routine/warm-up
	+ 4 seam flip (wrist feel, creating carry)
	+ 90\* turn throws (hip/shoulder separation)
	+ Shuffle throws building out – LONG and LOOSE (use the lower half)
	+ Building arm strength from long toss
	+ PULL DOWNS on the way back in (ball in glove, working footwork and rhythm)
	+ Wall pick ups (eyes over ball, get a grip, shuffle shuffle throw)
* Target throwing (tire on top of a bucket) with fungo (picking hops, creating angles, attacking ball)
* Off-season throwing in confined spaces (info nets, intent remains the same with effort and trajectory)