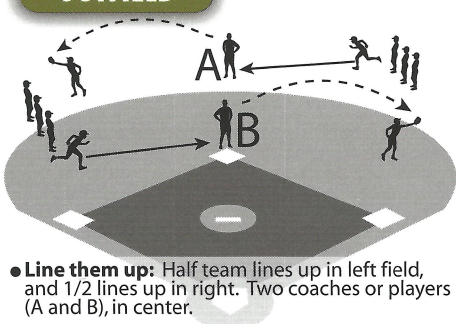


OUTFIELD FLY-BY

Running catches, conditioning

T

OUTFIELD



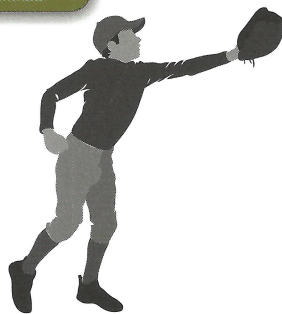
- **Line them up:** Half team lines up in left field, and 1/2 lines up in right. Two coaches or players (A and B), in center.
- Players take turns running toward coach, and toss him a ball. Coach turns and throws fly ball out ahead of player, who must catch it on the run.
- Players then hand ball off to someone in other line and wait for another turn.
- **Key Point:** Drill is fast-paced. Next-in-line should begin running as soon as coach catches toss from previous player.
- **Make it a Game:** Each line is a team keeping track of their catches. 1st team to X# of catches wins.

RECEIVER DRILL

Running catches

I/G/T

OUTFIELD



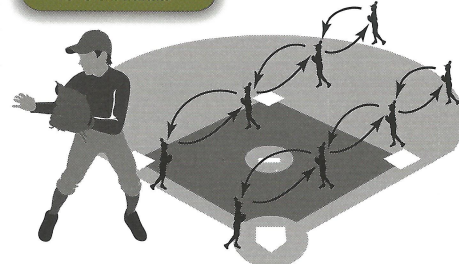
- **Line them up:** Players line up in outfield.
- On "Go!", first player in line runs 10 yards out and then cuts right.
- Coach throws ball out ahead, like quarterback throwing football to receiver.
- **Key Point:** Fast-paced. As soon as ball is thrown, next-in-line is running.
- **Make it a Game:** Mix is up. Throw some short, some over fielders' heads, etc...

RELAY DRILL

Foot and glove positioning

G/T

OUTFIELD



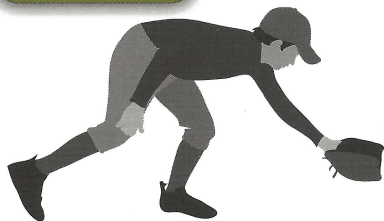
- **Line them up:** Divide players into 2 or 3 lines, spread out so it would take long throw to reach nearest player.
- Show players how they should receive throws (above).
- Begin throwing relays from one end of line to other, and then back.
- **Key Point:** Explain that throws should always be to player's glove side.
- **Make it a Game:** Race between lines, down and back. Rotate after each round.

SHOESTRING DRILL

Charging balls, running catches

I/G/T

OUTFIELD



- **Line them up:** Players form 1 or 2 lines in outfield. One coach for each line, kneeling 10-15 yards away, with several baseballs.
- One at a time, players run their fastest towards coach.
- When fielder is approx. 5 feet away, coach tosses ball so that fielder must extend out while running to catch.
- **Key Point:** Players should have to work hard on each catch.
- **Make it a Game:** Give Olympic-style rankings for most spectacular catches.

STEP BACK

Arm strength, throwing accuracy, catching

G/T

OUTFIELD



- **Line them up:** 2 lines, side-by-side in outfield, with partners 10 yards apart.
- On coach's command, players simultaneously throw to partner. Partner returns the throw.
- Each team successfully making both throws and catches take 1 step apart. Teams that missed sit down.
- Continue on, spreading farther apart, until only one pair remains.
- **Key Point:** All players must have properly warmed up arms prior to this drill.
- **Make it a Game:** Switch partners and play again.

How to Use CoachDeck

Tips to more effectively use the drills in this deck

- **Color-coding:** Each CoachDeck card is color-coded for instant recognition. Gold = infield; Green = outfield; Blue = baserunning; Red = hitting.
- **I/G/T:** I = Individual; G = Group; T = Team. I/G/T/ = Drill can be performed by individual, group or team.
- **Line them up:** Adjust drills for age level. Some drills call for players to be stationed a certain number of feet apart, but you may feel this is too short or too great a distance for your players. Modify as you see fit.
- **Key Points:** The "Key Points" are items you or your players need to know to maximize each drill's effectiveness.
- **Make it a game:** An ordinary drill turns exciting if you can make it into a competition. Nearly every drill in CoachDeck can be performed as a fun game your players will love.
- **Equipment:** CoachDeck drills require no special equipment beyond bats, balls and helmets. However, if some drills are too advanced for players, you may use batting tee. (In T-ball level it is recommended that all hitting drills be done with tee.) Substitute soft-core or tennis balls as needed, depending on player ability, for safety reasons. Stopwatch may be helpful in some drills.
- **No team required:** The majority of CoachDeck drills can be adapted to one-on-one coaching in backyard or park. Fundamental skill taught in each drill is key.