

West Fargo Patriots Outfield Drills:

Charging Groundballs to Throw Hop:

Players throw hard ground balls to each other and practice aggressively charging, fielding, and using a throw hop to throw back to their partner. After several, they switch. Then they will do the same with balls to right and left, emphasizing getting in position to make the throw (coming around the ball and getting momentum toward where the throw is to go).

Drop Steps:

Players throw to a partner. Player gets in ready position and partner points right or left, player then drop-steps and runs and partner throws them a ball they need to either chase and catch (like a wide receiver) or get behind and get in position to throw. Some of both should be mixed in. Players should do 5 of each in each direction and then switch.

- After this, partner should point one way and, after player takes off in one direction, throw the ball on the other shoulder so they have to turn and adjust to make the catch.
- Lastly, we practice line drives right at them. We teach them to drop step and open to the glove side and circle the ball so that they aren't fooled by it. It's the toughest play for an outfielder and needs to be practiced. This method of teaching them prevents them from making the fatal step in and get a ball over their head they can't get to. They drop step, get around it and can come in as needed.

Getting Behind the Ball Drill: Use tennis balls

Players throw to each other. The goal is to give them fly balls that they can get under and get themselves ready to throw. With no glove, they get in position, move forward, and let the ball hit them in the chest on the glove side. It teaches the player to catch fly balls while getting ready to throw when there is time.

Find the Fence: With a partner

Players take turns throwing balls very near the outfield fence with their partner trying to adjust to the feel of the warning track or to gain some awareness of how to get to the fence quickly and then try to make the catch. Be careful that they don't get carried away with it and get someone hurt. It's a fun drill that they really love to do.

Outfield Communication: Coach with a fungo

Players get in two lines in right-center and left-center. Coach hits a ground ball or fly ball between them and they communicate with each other and get the ball caught. They fake a throw, using proper footwork, and being careful to get themselves in position to make a throw. We have a bucket in the outfield for this drill to minimize the throwing.