



34 / 3 + our kids

OUTFIELD-WEEK 1

EQUIPMENT NEEDED: Baseballs, softy balls (1-3 grade), and cones.

LENGTH OF DRILLS: should be 4-5 minutes to get thru program.

LENGTH OF SESSION: will be 27 minutes long allowing time to rotate to next skill.

GROUPINGS: make sure to groups Outfielders into small groups of 4-5 to eliminate standing around. Utilize ALL coaches and outfielder assistants. Keep Outfielders separated by age.

SAFETY: do not allow younger Outfielders to partner or receive throw from other Outfielders. Have coaches or a Dad catch if needed

1.1 OF SETUP - PRE-PITCH MOVEMENT

Outfielders will line up on line out in front of coach approximately 5' apart. Coach will give command "left, right, left" or "right, left". Outfielders will take creep steps to command and hold position. Coach will check Outfielders ready position and repeat

Coaching Points: Proper Footwork to ready position, both feet need to be square to the plate. Outfielder should be in an athletic position, on the balls of their fee. **HANDS OFF KNEES!**

1.2 OF SETUP - STANCE/APPROACH

Line all fielders up facing you in straight line- coach gives command "Right" "Left" "Right" or "1" "2" "3". Line all fielders up facing you in straight line-coach simulates pitching motion and Outfielders simulate PRE-PITCH as coaches releases simulated pitch.

Coaching Points: Proper Footwork to ready position, both feet need to be square to the plate. Outfielder should be in an athletic position, on the balls of their feet. **HANDS OFF KNEES!**

1.3 OF STATIONARY- FLY BALL DRILL

Coach will throw a routine fly ball to Outfielders. Outfielders will catch ball with both hands while using slight momentum forward

Coaching Points: Get glove and throwing hand positioned over throwing shoulder side/above head.

1.4 OF ROUTES - FLY BALL ANGLES

Coaches will have Outfielders line up approx. 5 feet in front of coach, facing him. Coach will point finger in Left or Right direction. Outfielder will drop step and take proper angle to ball as coach leads with a fly ball

Coaching Points: Quick drop step and angle to baseball. Run with mouth closed to keep eyes from bouncing

1.5 OF THROWING - FLY BALL & THROW *into curtain*

Coach will throw a routine fly ball to Outfielders. Outfielders will catch ball with both hands while using slight momentum forward. Outfielders will throw ball to coach

Coaching Points: Get glove and throwing hand positioned over throwing shoulder side/above head

1.6 OF THROWING - CROW HOP & THROW *into curtain*

Coach will throw the outfielder a fly ball in front of the outfielder. Outfielder will chop feet staying behind the baseball to gain momentum prior to the actual catch. Then step aggressively toward target with your back foot being careful not to gain height but rather gaining ground toward your target

Coaching Points: Throwing a hard-accurate ball

1.7 OF COMMUNICATION - COMMUNICATION

Divide Groups evenly and separate in open area at least 90' apart. Coach will either roll or throw ball in the air. Outfielders are to apply TWO-WAY COMMUNICATION and coach correct accordingly. Note: Coaches can add in PRE-PITCH as well to this drill

Coaching Points: TWO-WAY COMMUNICATION not just one outfielder calling for the ball but the other Outfielders communicating back to confirm they are out of the way.



2.1 OF GROUND BALL – PIN THE KNEE (NO RUNNERS)

Coach will hit a ground ball to outfielder. Outfielder will get in front of the baseball while dropping down to throwing hand knee to field and block the ball in case of bad hop.

Coaching Points: Importance of making sure the ball does not pass allowing additional bases. Good throw to cut-off man.

2.2 OF THROWING – PIN THE KNEE & THROW

Coach will hit a ground ball to outfielder. Outfielder will square up and charge the ball, fielding with two hands. Outfielder will throw an accurate throw to coach.

Coaching Points: Importance of a fast, accurate throw to cut-off man.

2.3 OF GROUND BALL – RUNNERS IN SCORING POSITION

Coach will hit a ground ball to outfielder. Outfielder will square up and charge the ball, fielding with two hands. Outfielder will throw an accurate throw to a cut-off man. Always remember to hit the cut-off man in the neck! (NEVER MISS A CUT-OFF unless otherwise told to do so by coaches prior to play.)

Coaching Points: Importance of a fast, accurate throw to cut-off man.

2.4 OF ROUTES – GROUND BALLS IN THE GAP

Line outfielders up and have them go through their pre-pitch routine and a coach throws or hits a ball to the outfielders right or left and the outfielder is to hustle to cut the ball off and not let it by them.

Coaching Points: Quick drop step and angle to ball. Run with mouth closed to keep eyes from bouncing.

2.5 OF STATIONARY – FLYBALLS & THROW

Coach will throw a routine fly ball to Outfielders. Outfielders will catch ball with both hands while using slight momentum forward. Outfielders will throw ball to coach.

Coaching Points: Get glove and throwing hand positioned over throwing shoulder side/above head

2.6 OF THROWING – CROW HOP

Coach will toss the outfielder a fly ball or ground ball at the outfielder. The outfielder will chop feet to stay behind the baseball and gain momentum prior to actually catching the ball. Then step aggressively toward target with outfielders back foot with focus on gaining ground and not height.

Coaching Points: Throwing a hard-accurate ball.

2.7 OF ROUTES – WALL DRILL

Outfielders will line up facing wall (approx. 15 feet away). Using a soft-hit ball. Outfielders will start square to the wall. Throwing ball off the wall underhand to create a fly ball for the outfielder to field, Outfielders field ball off the wall and step thru to their target (simulate throw to cutoff man).

Coaching Points: first step, quickness, body control, reaction



OUTFIELD-WEEK 3

3.1 OF GROUND BALL – PIN THE KNEE (NO RUNNERS)

Coach will hit a ground ball to outfielder. Outfielder will get in front of the baseball while dropping down to throwing hand knee to field and block the ball in case of bad hop.

Coaching Points: Importance of making sure the ball does not pass allowing additional bases. Good throw to cut-off man.

3.2 OF THROWING – PIN THE KNEE & THROW

Coach will hit a ground ball to outfielder. Outfielder will square up and charge the ball, fielding with two hands. Outfielder will throw an accurate throw to coach.

Coaching Points: Importance of a fast, accurate throw to cut-off man.

3.3 OF GROUND BALL – RUNNERS IN SCORING POSITION

Coach will hit a ground ball to outfielder. Outfielder will square up and charge the ball, fielding with two hands. Outfielder will throw an accurate throw to a cut-off man. Always remember to hit the cut-off man in the neck! (NEVER MISS A CUT-OFF unless otherwise told to do so by coaches prior to play.)

Coaching Points: Importance of a fast, accurate throw to cut-off man.

3.4 OF ROUTES - FLY BALL ANGLES

Coaches will have Outfielders line up approx. 5 feet in front of coach, facing him. Coach will point finger in Left or Right direction. Outfielder will drop step and take proper angle to ball as coach leads with a fly ball

Coaching Points: Quick drop step and angle to baseball. Run with mouth closed to keep eyes from bouncing

3.5 OF ROUTES – FLYBALLS & THROW

Coach will throw a routine fly ball to Outfielders. Outfielders will catch ball with both hands while using slight momentum forward. Outfielders will throw ball to coach.

Coaching Points: Get glove and throwing hand positioned over throwing shoulder side/above head

3.6 OF THROWING – CROW HOP

Coach will toss the outfielder a fly ball or ground ball at the outfielder. The outfielder will chop feet to stay behind the baseball and gain momentum prior to actually catching the ball. Then step aggressively toward target with outfielders back foot with focus on gaining ground and not height.

Coaching Points: Throwing a hard-accurate ball.

3.7 OF ROUTES - BACKING UP

Use a scale model based on the space that you have available create 1st, 2nd and 3rd base. The coach will position outfielders and give the situation. (i.e. Pitcher attempts pickoff at second base) Monitor each outfielder's reaction. Every outfielder should move (in this case, left fielder to backup throw to third, Center Fielder to retrieve ball into outfield along with right fielder.

Coaching Points: You are the last line of defense. Good throw to cut-off man.

**4.1 OF THROWING – PIN THE KNEE & THROW**

Coach will hit a ground ball to outfielder. Outfielder will square up and charge the ball, fielding with two hands. Outfielder will throw an accurate throw to coach.

Coaching Points: *Importance of a fast, accurate throw to cut-off man.*

4.2 OF ROUTES - GROUNDBALL APPROACH (THROW)

Coach will hit a ground ball to outfielder. Outfielder will square up and charge the ball, fielding with two hands. Outfielder will throw an accurate throw to coach.

Coaching Points: *Importance of a fast, accurate throw to cut-off man.*

4.3 OF GROUNDBALL – RUNNERS IN SCORING POSITION

Coach will hit a ground ball to outfielder. Outfielder will square up and charge the ball, fielding with two hands. Outfielder will throw an accurate throw to a cut-off man. Always remember to hit the cut-off man in the neck! (NEVER MISS A CUT-OFF unless otherwise told to do so by coaches prior to play.)

Coaching Points: *Importance of a fast, accurate throw to cut-off man.*

4.4 OF STATIONARY – FLYBALLS & THROW

Coach will throw a routine fly ball to Outfielders. Outfielders will catch ball with both hands while using slight momentum forward. Outfielders will throw ball to coach.

Coaching Points: *Get glove and throwing hand positioned over throwing shoulder side/above head*

4.5 OF THROWING – CROW HOP

Coach will toss the outfielder a fly ball or ground ball at the outfielder. The outfielder will chop feet to stay behind the baseball and gain momentum prior to actually catching the ball. Then step aggressively toward target with outfielders back foot with focus on gaining ground and not height.

Coaching Points: *Throwing a hard-accurate ball.*

4.6 OF THROWING - CUT-OFF (RELAYS)

Coach will hit or throw a pop fly or grounder and allow them to get "behind it" and deliver a strong accurate throw to an adult with a great deal of distance.

Coaching Points: *Each ball throw should be able to be handled by the cut-off/relay man.*

4.7 OF THROWING - GOLDEN ARM COMPETITION

Outfielder walks through steps (Pre-Pitch, Stance). Coach either hits or throws ball in the air or ground. Fielder is to secure and make a strong & accurate throw to a cut-off/relay person. If any part of the action is not approved by the coach the outfielder is out. **LAST FIELDER STANDING WINS!**

Coaching Points: *Competition, adding game like situations, proper fielding mechanics, moving feet and gaining momentum towards target.*