

Drop Step Cones

Skill Set: Outfield

Difficulty Level: Easy

Number of Athletes and Coaches: 1-6 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 10 minutes

Equipment Required: Balls, gloves, 3 cones

Goal: Make a good drop step towards the cones, stay inside of the cones

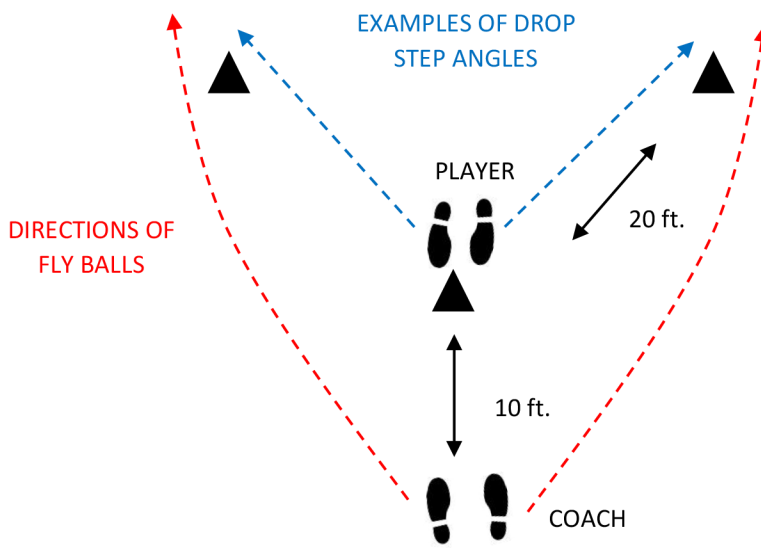
Description of the Drill:

- Cones set up in a triangle, each cone at least 20 feet apart
- Coach stands 10 feet in front of the cone at the point of the triangle, players each have a ball, in a line behind the coach
- Player tosses coach their ball and sets up in defensive position directly behind the point cone facing the coach
- Coach points over the player's right or left shoulder to dictate direction of drop step
- Player takes a drop step straight back in that direction, stepping back with the foot on the side the coach pointed to, and stays to the inside of the cone in that angle
- Coach throws a fly ball out in front of the player past the cone, player catches fly ball and runs to the back of the line with the ball in their glove
- Players should rotate through the line so that they each receive 10 repetitions, coach should alternate drop step directions

Add Difficulty:

- To add a degree of difficulty, the coach can throw fly balls further to challenge players

Layout of Drill:



Fly Balls

Skill Set: Outfield

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Balls and gloves

Goal: Move to get under the ball and catch the ball in front of the bill of the hat

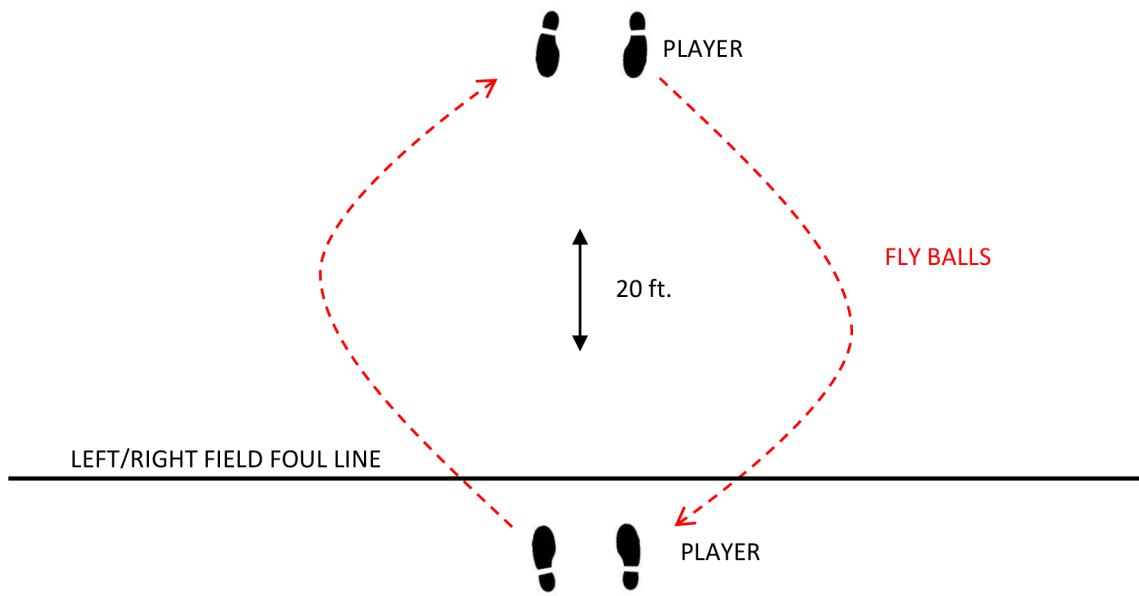
Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 20 feet away in left/right field
- Throwing partner tosses ball up high in the air to the receiving partner
- Receiving partner takes a slight step back with one foot (drop step) to find the ball and then moves forward or backward to get under where the ball will land
- Receiving partner catches the ball in front of bill of the hat, fingers of the glove pointed up, keeping eyes on the ball
- Partners throw fly balls back and forth to each other until each player has received 10 fly balls

Add Difficulty:

- To add a degree of difficulty, make sure the receiving partner is catching the fly ball in a slightly turned stance, with their glove shoulder and foot angled at the ball, so that they are in position to throw the ball quickly

Layout of Drill:



Grounders

Skill Set: Outfield

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Balls and gloves

Goal: Field the ball on the outside of glove-side foot, keep head down, eyes on the ball

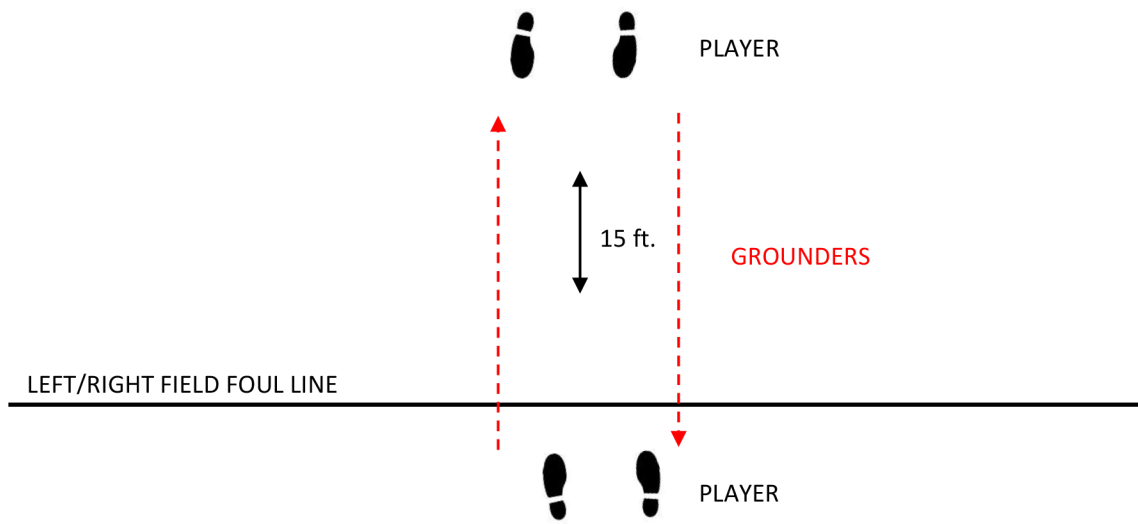
Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 15 feet away in left/right field
- Throwing partner rolls ball on the ground towards receiving partner at a slow to medium speed
- Receiving partner in ready position with glove foot slightly in front of throwing foot
- Receiving partner fields the grounder to the outside of their glove foot that is slightly forward
- Receiving partner should keep their head down, eyes on the ball and push through with glove
- Partners roll grounders back and forth to each other until each player has received 10 grounders

Add Difficulty:

- To add a degree of difficulty, the receiving partner can field with their throwing foot slightly forward and should field to the inside of the throwing foot.

Layout of Drill:



Outfield Communication

Skill Set: Outfield

Difficulty Level: Easy

Number of Athletes and Coaches: All outfielders and 1 coach

Average Time to Complete: 10-15 minutes

Equipment Required: Gloves, bucket of baseballs, bat

Goal: Communicate with each other, call for the ball, and back each other up

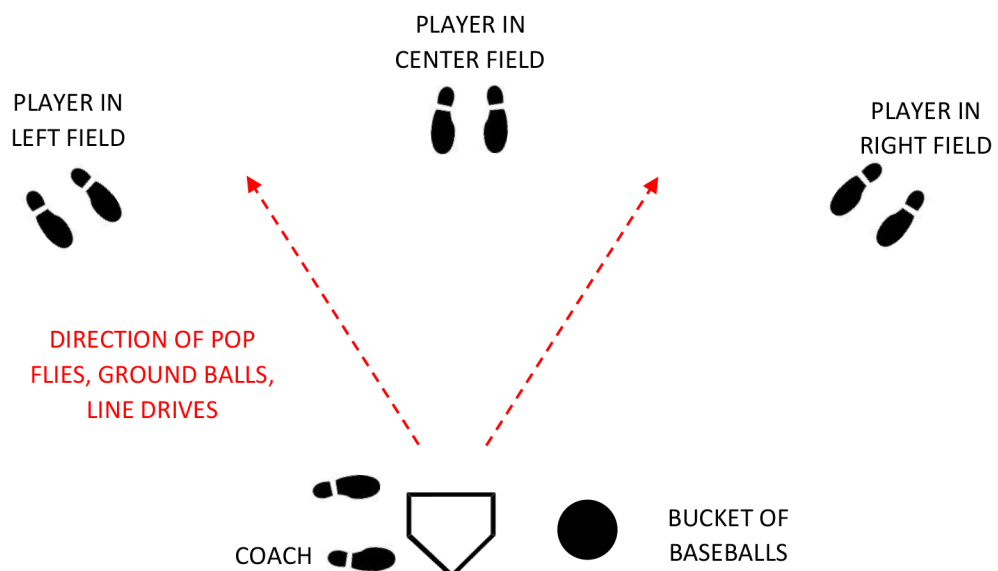
Description of the Drill:

- 1 player in each outfield positions, other outfielders in lines behind them
- Coach at home plate hits pop flies, ground balls, and line drives between left and center field, and right and center field (alternate every other hit)
- The players that the ball is hit between must communicate with each other to call for the ball (“BALL BALL BALL!”)
- The player that calls for the ball should field it and throw it back in to the coach, while the other player should back them up, making sure the ball gets stopped quickly if it gets past the first outfielder
- Players rotate lines each time they go through the drill, so that each player can play each position
- Players should rotate through the lines so that they each get 10 repetitions

Add Difficulty:

- To add a degree of difficulty, incorporate the middle infielders and have the outfielders throw the ball in to a cut-off, and the cut-off throw to 2nd or 3rd base

Layout of Drill:



Tandem

Skill Set: Outfield

Difficulty Level: Easy

Number of Athletes and Coaches: 1-6 athletes and 1 coach, or 6 athletes as a group

Average Time to Complete: 10-15 minutes

Equipment Required: Gloves, bucket of baseballs

Goal: Communicate with each other, call for the ball, and back each other up

Description of the Drill:

- Players start in two lines 150 feet from the coach and 100 feet apart
- Coach hits pop flies, ground balls, and line drives between the two lines
- The two players doing the drill must communicate with each other to call for the ball (“BALL BALL BALL!”) and the coach must tell the group which line are the center fielders so that they know that line has priority to the ball if they can get to it and field it
- The player that calls for the ball should field it and throw it back in, while the other player should back them up
- Players rotate lines each time they go through the drill
- Players should rotate through the lines so that they each get 10 repetitions

Layout of Drill:

