

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

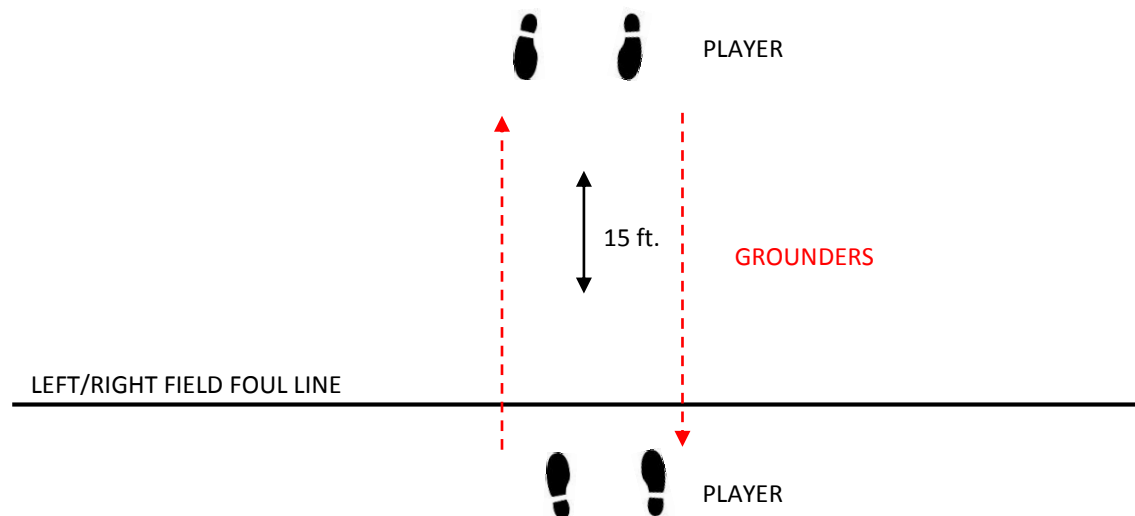
Description of the Drill:

- 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.
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Layout of Drill:





Infield/Outfield

Skill Set: Infield and Outfield

Difficulty Level: Medium

Number of Athletes and Coaches: All positions, at least 1 coach

Average Time to Complete: 15 minutes

Equipment Required: Gloves, fungo bat, bucket of baseballs

Goal: Good communication between all fielders, fielding and throwing the ball cleanly

Description of the Drill:

- Players take the field so that all positions have at least one player
 - Coach hits fungo to each player, starting with groundballs, then moving to fly balls
 - For the first round through, infielders should field the ball and throw to 1st base, and outfielders should field the ball and throw to 2nd base
 - For the second round through, infielders should turn a double play, and outfielders should throw the ball to 3rd base
 - For the third round through, all fielders should throw the ball to home plate and hustle off the field
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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

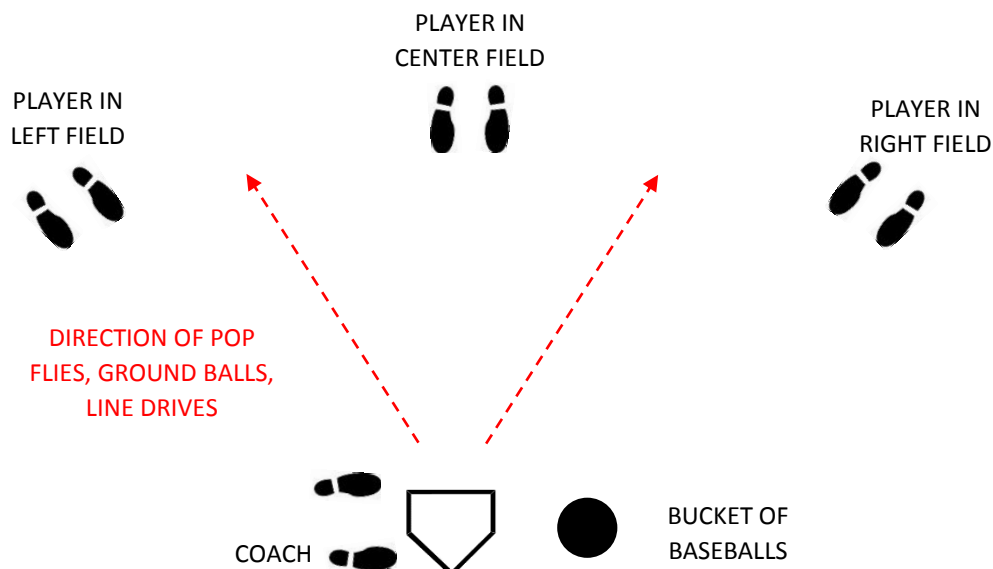
Description of the Drill:

- 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:



Outfield Groundballs

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

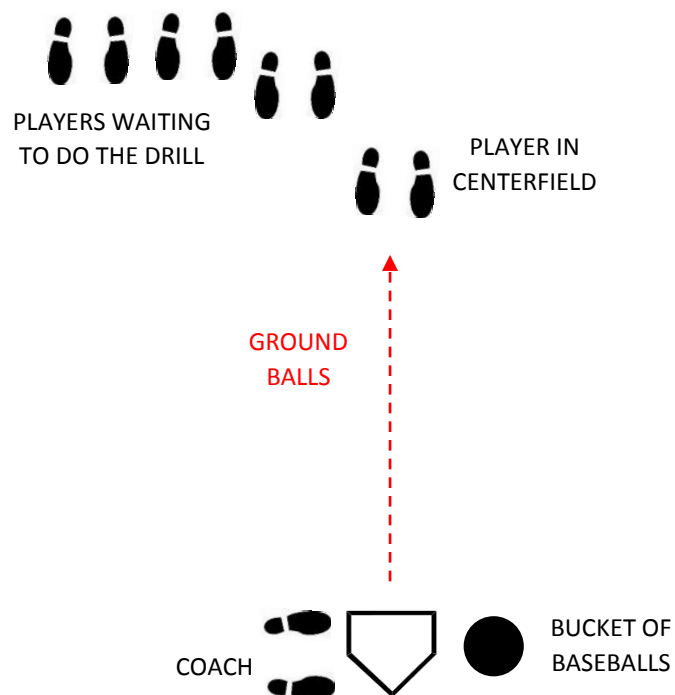
Equipment Required: Gloves, bucket of baseballs, bat

Goal: 1st Rotation- Field the ball down on one knee, 2nd Rotation- Field the ball on the run

Description of the Drill:

- Players start in a line in the centerfield position
 - Coach stands at home plate (or closer) and hits ground balls to players
 - For the first rotation, coach should hit softer ground balls, players charge the ball, then drop down on their throwing side knee to field the ground ball, throw it back to the coach, and get in the back of the line
 - For the second rotation, coach hits harder ground balls, players charge the ball, then field the ball in stride to the outside of their glove foot, or inside of their throwing foot (player preference) and push through it to get to throwing position, throw it back to the coach, and get in the back of the line
 - Players should rotate through the line so that they each get 10 repetitions
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Layout of Drill:



Quarterback Adjustments

Stage #3 of Ball Tracking

Skill Set: Outfield

Difficulty Level: Medium

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

Average Time to Complete: 5 minutes

Equipment Required: Balls and gloves

Goal: Make a good drop step to run on an angle, change directions quickly

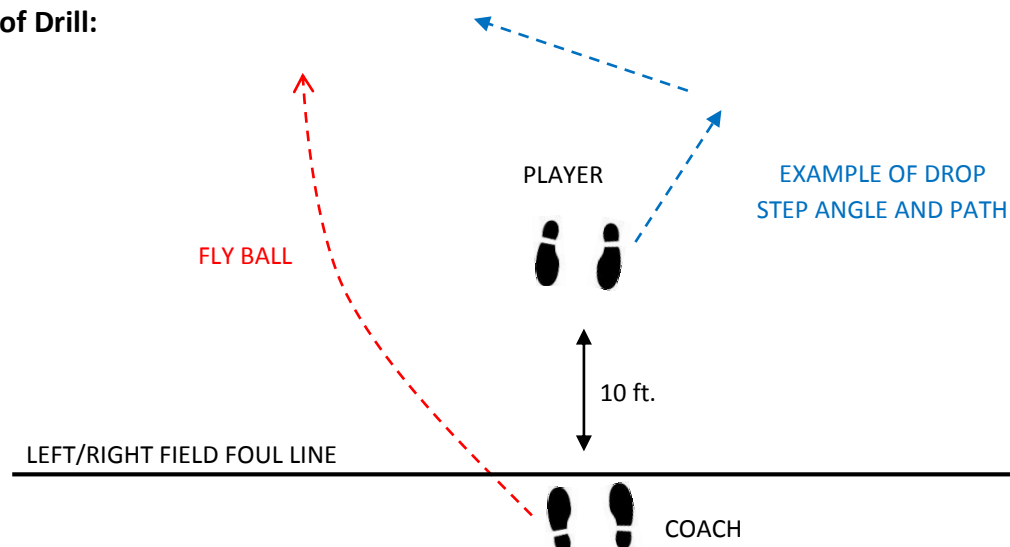
Description of the Drill:

- Coach stands on right/left field line, players each have a ball, in a line behind the coach
- Player tosses coach their ball and sets up 10 feet from the right/left field line facing the coach
- Coach points over the player's right or left shoulder to dictate direction of drop step
- Player takes a drop step in that direction, stepping back with the foot on the side the coach pointed to, and runs on a backwards angle in that direction
- Coach points in the opposite direction as player is running, player plants outside foot and steps with inside foot (one closest to the coach) to change direction and run in the new angle (this simulates the player adjusting after taking an initial bad read on the ball)
- Coach throws a fly ball out in front of the angle the player is running, 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

Add Difficulty:

- To add a degree of difficulty, the coach can make players change direction several times before throwing them a fly ball

Layout of Drill:



Quarterback Angle Throw

Stage #2 of Ball Tracking

Skill Set: Outfield

Difficulty Level: Medium

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

Average Time to Complete: 5 minutes

Equipment Required: Balls and gloves

Goal: Make a good drop step to run on an angle, keep eyes on the coach

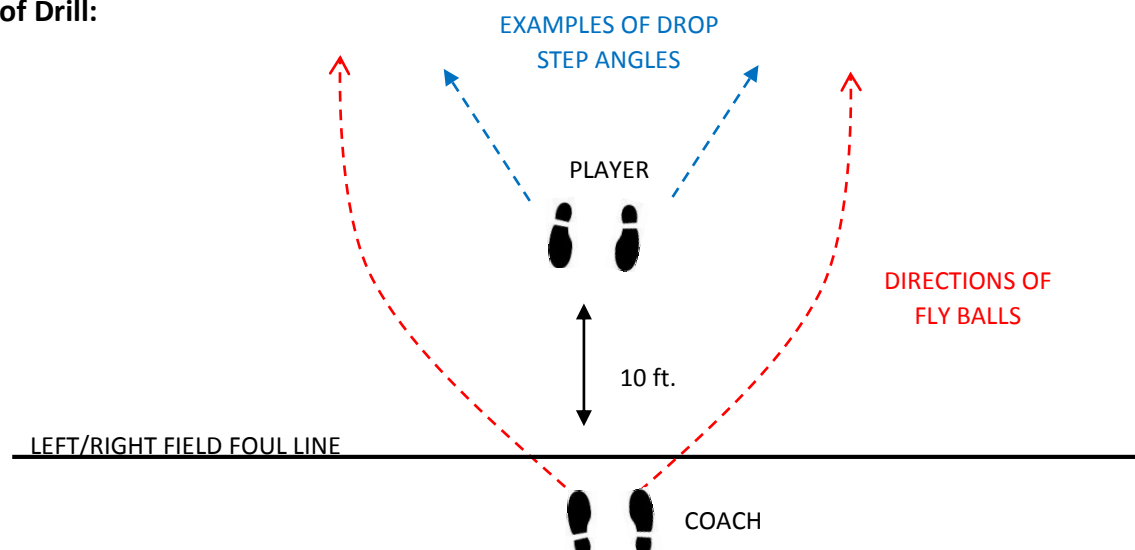
Description of the Drill:

- Coach stands on right/left field line, players each have a ball, in a line behind the coach
- Player tosses coach their ball and sets up 10 feet from the right/left field line facing the coach
- Coach points over the player's right or left shoulder to dictate direction of drop step
- Player takes a drop step in that direction, stepping back with the foot on the side the coach pointed to, and runs on a backwards angle in that direction
- Coach throws a fly ball out in front of the angle the player is running, 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:



Quarterback Over the Shoulder

Stage #1 of Ball Tracking

Skill Set: Outfield

Difficulty Level: Medium

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

Average Time to Complete: 5 minutes

Equipment Required: Balls and gloves

Goal: Drop step and run, look for ball in air when coach calls “BALL”, catch over shoulder

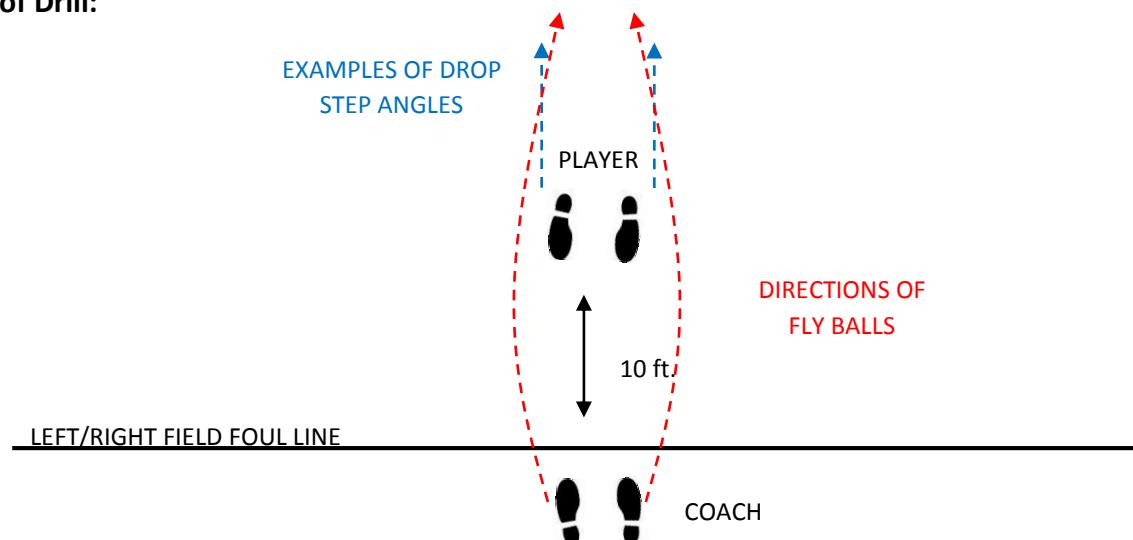
Description of the Drill:

- Coach stands on right/left field line, players each have a ball, in a line behind the coach
- Player tosses coach their ball and sets up 10 feet from the right/left field line 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 runs in that direction
- Coach calls “BALL” and throws a fly ball out in front of the player, player looks for the ball while still running when coach calls “BALL”, catches fly ball over their shoulder 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:



Rainbow Route

Skill Set: Outfield

Difficulty Level: Medium

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, 6 cones

Goal: Use a drop step to get behind the cone and keep eyes on the ball at all times

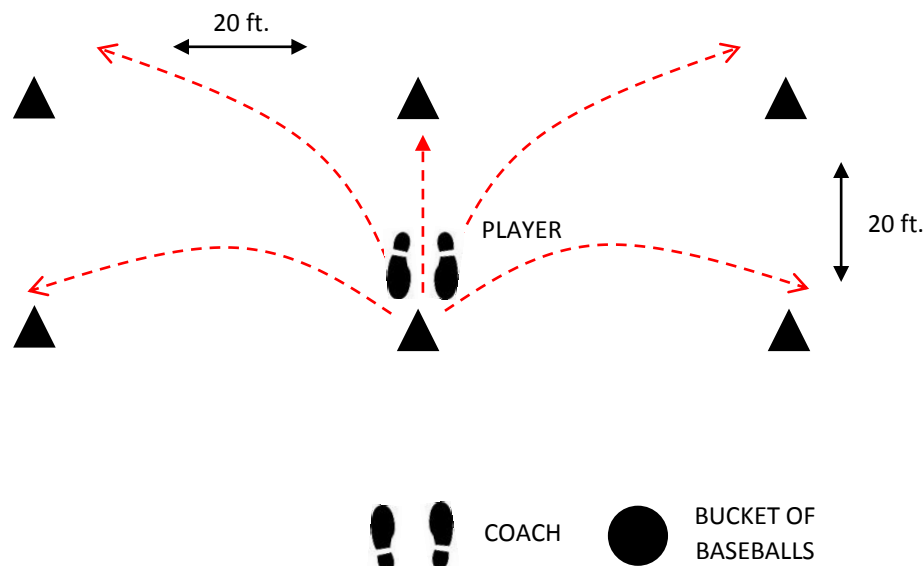
Description of the Drill:

- Cones are set up in two rows of 3, each 20 feet apart
- Players start in a line behind the coach with one player at the middle cone in front of the coach
- Coach points to a cone, player drop steps (steps back with one leg) to run to that cone keeping their eyes on the coach
- While the player is running towards the cone, the coach throws a fly ball or line drive to that cone for the player to catch when they get there
- Player catches the ball and runs it back in to place it in the bucket, then gets in the back of the line
- Next player gets ready at the middle cone in front of the coach and the drill repeats
- Players should rotate through the line so that they each get 10 repetitions

Add Difficulty:

- To add a degree of difficulty, the coach can vary which cone they point to for each player, so that players cannot expect to run to a certain cone

Layout of Drill:



Read and React

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: Make a quick drop step to the correct side and cleanly field the pop up

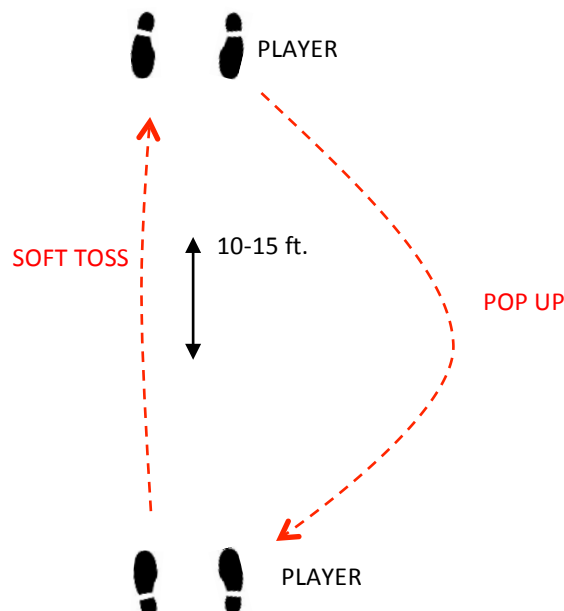
Description of the Drill:

- 2 partners stand 10-15 feet apart in the outfield.
- Both partners start with a ball, and one partner softly tosses the ball to the center of the other partner's chest
- The receiving partner catches the ball with either hand, and whichever hand is used is the side that the throwing partner will open up to for a drop step.
- The throwing partner takes a drop step and the receiving partner then throws a short distance pop-up that the throwing partner catches in the direction of their drop step.
- The throwing partner should focus on making a quick drop step to the side the receiving partner caught the ball, and cleanly fielding the pop up.

Add Difficulty:

- To add a degree of difficulty, repeat the sequence but with the short distance pop-up thrown to the opposite side that the player opened up, or drop stepped, to. This will help players practice recovering from a bad read and getting back to the correct side of the ball.
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Layout of Drill:



Running Short Hops

Skill Set: Outfield

Difficulty Level: Hard

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 ball on the run as soon as it bounces off of the ground, push glove through

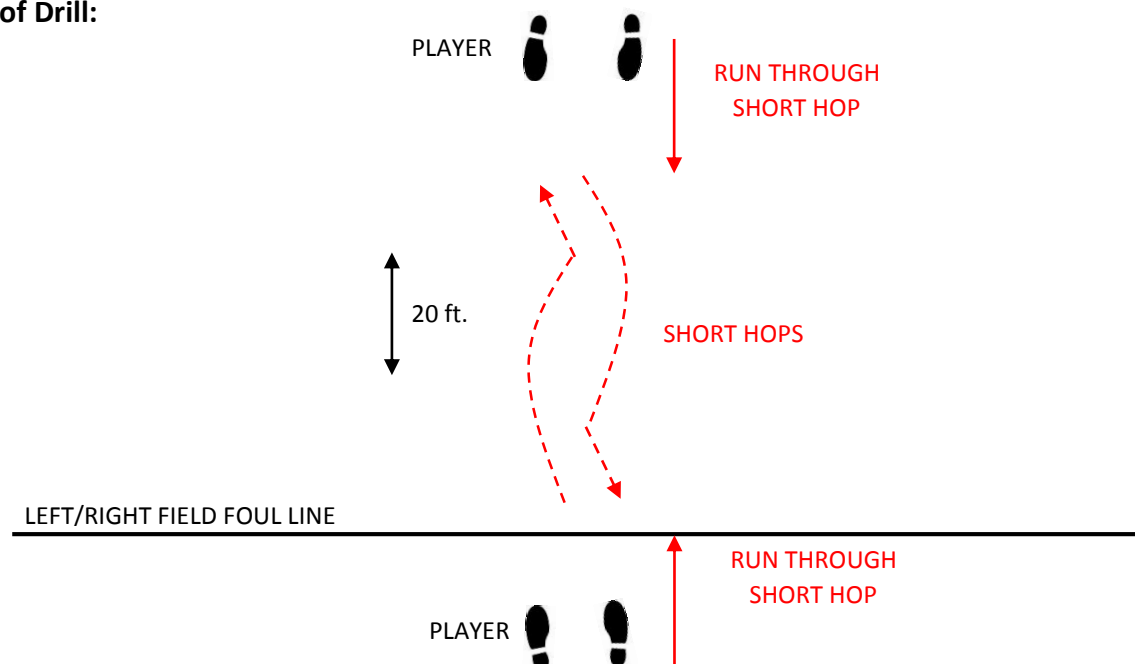
Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 20 feet away in left/right field
- Throwing partner throws ball so that it bounces just before it reaches their partner at a medium speed
- Receiving partner runs forward to field the ball on the run as soon as it bounces off of the ground, staying low to push their glove through the ball towards their partner
- Receiving partner should not break stride to field the ball, but should keep moving through it
- Reset at 20 feet distance after each throw
- Partners throw short hops back and forth to each other until each partner has had 10 repetitions

Add Difficulty:

- To add a degree of difficulty, partners can throw the short hops harder or softer to challenge each other

Layout of Drill:



Short Hops

Skill Set: Outfield

Difficulty Level: Medium

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 as soon as it bounces off of the ground, push glove through the ball

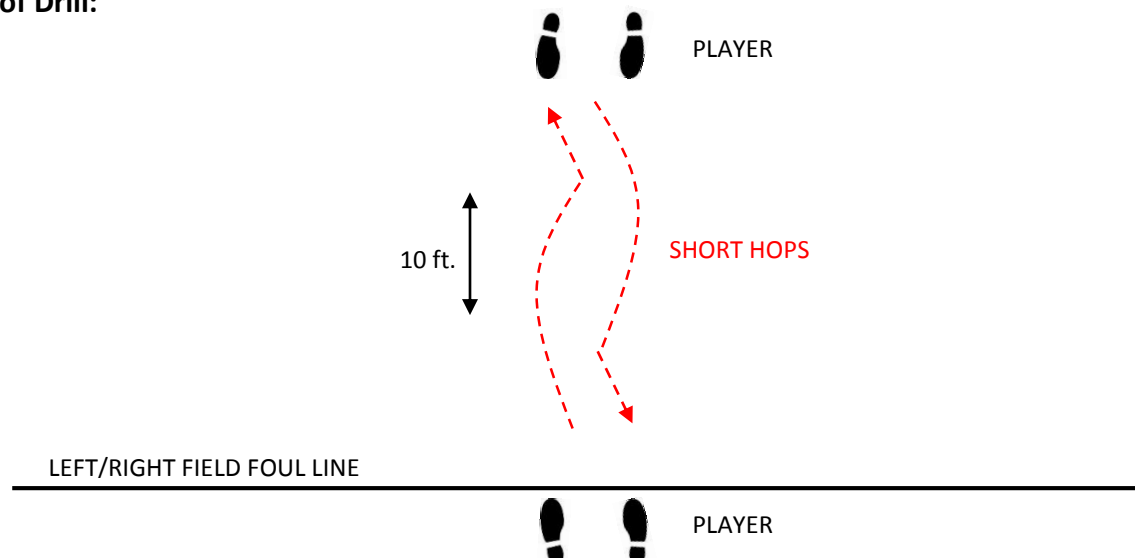
Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 10 feet away in left/right field
- Throwing partner throws ball so that it bounces just before it reaches their partner at a slow to medium speed
- Receiving partner stands in ready position with feet planted shoulder-width apart, knees bent, facing partner
- Receiving partner waits for the ball to bounce just before their glove, then tries to catch it as soon as it bounces off of the ground, pushing glove through the ball towards their partner
- Partners throw short hops back and forth to each other until each partner has had 10 repetitions

Add Difficulty:

- To add a degree of difficulty, receiving partner can turn so that glove shoulder is pointed toward their partner and they are able to field a short hop using their backhand
- Receiving partner should still push their glove (backhanded) through the ball as soon as it bounces off of the ground

Layout of Drill:



Speed Square

Skill Set: Outfield

Difficulty Level: Medium

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, 4 cones

Goal: Take a different route to the ball each time, using good angles to the cones

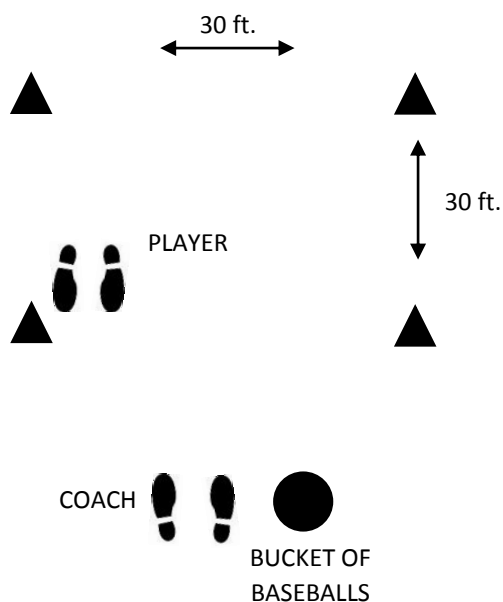
Description of the Drill:

- Cones are set up in a square, each 20 feet apart
- Players start in a line behind the coach with one player at front left cone
- Player runs their own route to all three of the other cones before the coach throws them a fly ball
- It does not matter what route the player takes, as long as they go to all cones
- Player catches the ball and runs it back in to place it in the bucket, then gets in the back of the line
- Next player gets ready at the front left cone and the drill repeats
- Players should rotate through the line so that they each get 10 repetitions

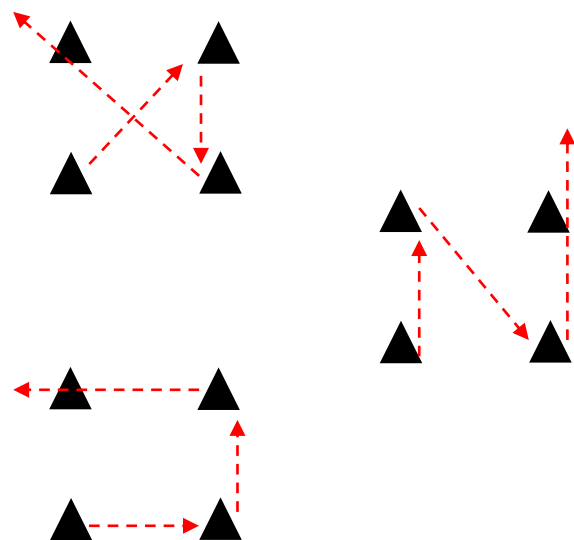
Add Difficulty:

- To add a degree of difficulty, the coach can change the cone that the players start at

Layout of Drill:



Examples of Routes:



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

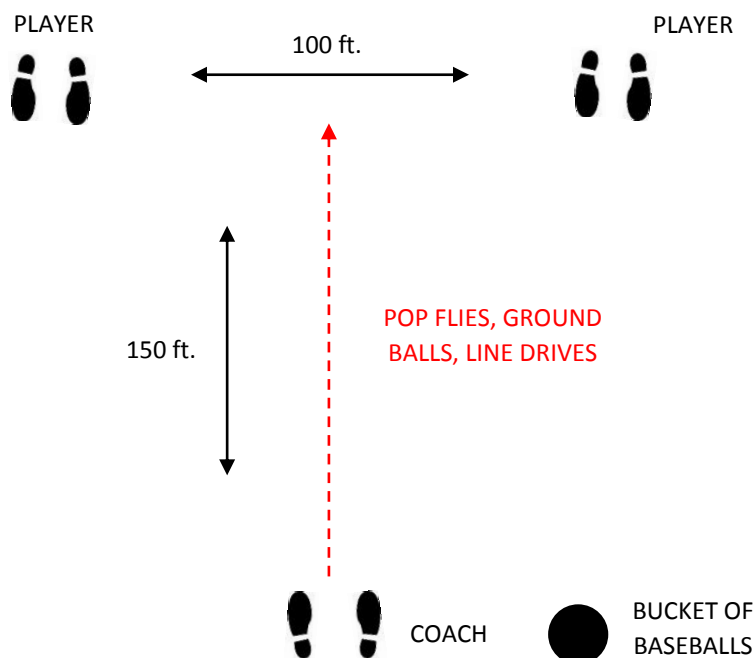
Equipment Required: Gloves, bucket of baseballs

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:



Ball in the Sun

Skill Set: Outfield

Difficulty Level: Easy

Number of Athletes and Coaches: 1-3 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Tennis balls or baseballs

Goal: Shield eyes from the sun using the glove to be able to see the ball and catch it

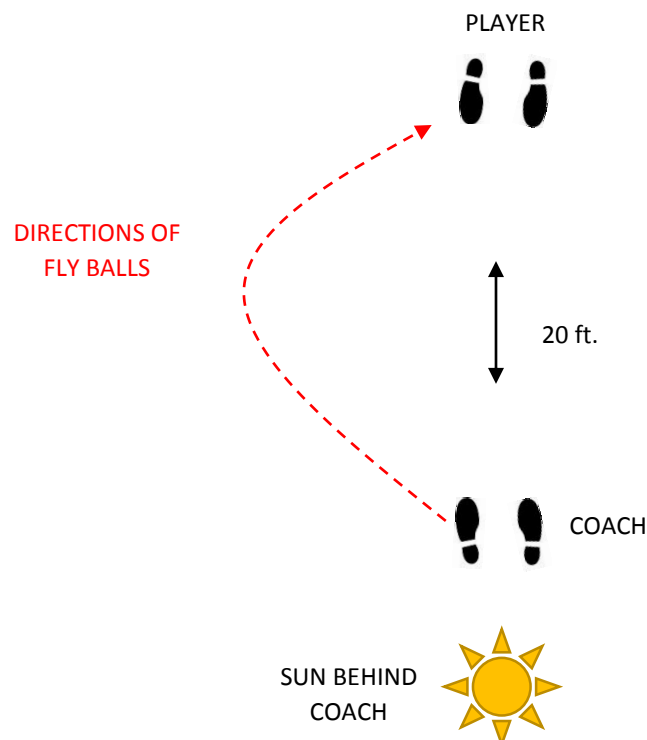
Description of the Drill:

- Coach stands with sun to their back 20 feet in front of player, other players stand behind coach
- Coach throws the tennis ball up in the air so that it is in line with the sun
- Player uses glove to shield their eyes from the sun's glare, finds the ball, and catches the ball
- Player should try to shield as much as possible with their glove so that they can see the ball
- Players should rotate through the line so that they each receive 10 repetitions

Add Difficulty:

- To add a degree of difficulty, the coach can use real baseballs

Layout of Drill:



Break Down and Come Through

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

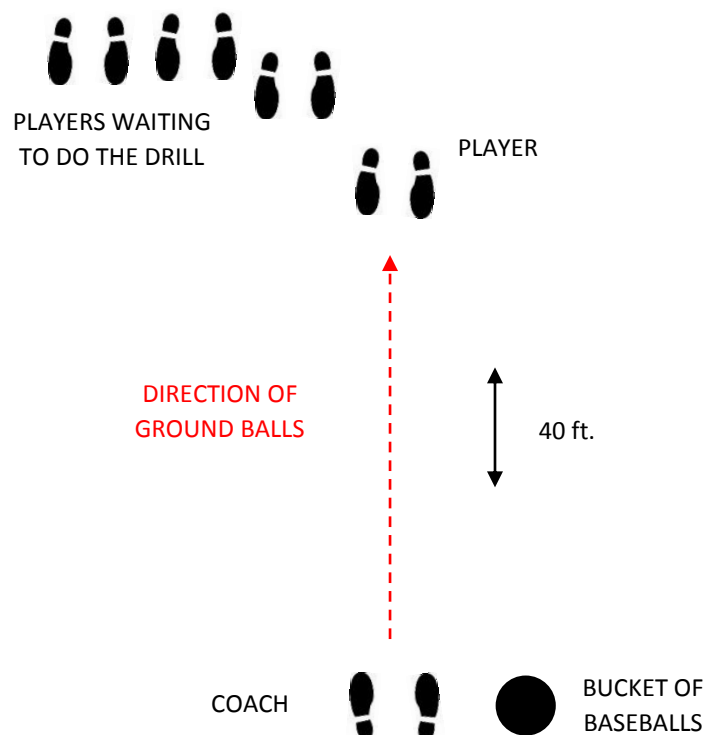
Equipment Required: Gloves, bucket of baseballs

Goal: Field the ball on the run, coming through the ball and fielding outside of glove foot

Description of the Drill:

- Players start in a line behind 40 feet in front of the coach
 - Coach can roll or hit ground balls to each player
 - Players should get around the baseball and come through it as they field
 - Player fields the ball to the outside of their glove foot and pushes through it to get to throwing position
 - Player can toss the ball back to the coach while the next player is getting ready to start the drill
 - Players should rotate through the line so that they each get 10 repetitions
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Layout of Drill:



Crow Hops

Skill Set: Outfield

Difficulty Level: Medium

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

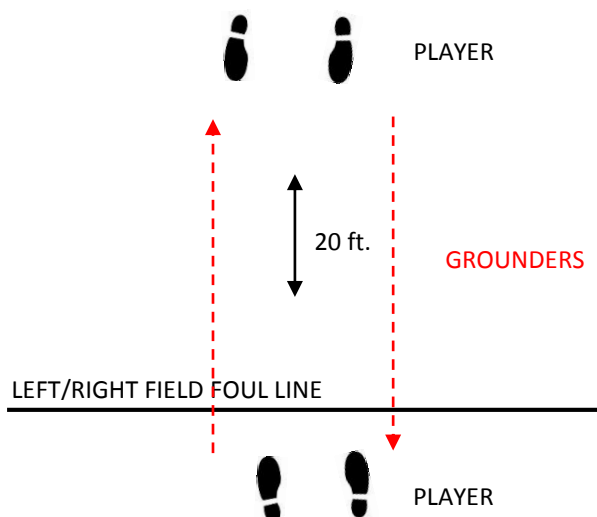
Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 20 feet away in left/right field
- Throwing partner rolls ball on the ground towards receiving partner at a slow to medium speed
- Receiving partner fields the grounder to the outside of their glove foot that is slightly forward
- When coming up to throw from fielding, receiving partner should put weight on the glove side foot to hop onto the throwing side foot to get to a throwing position, bringing the glove side foot through (the bigger the push off with the glove side foot, the more momentum of the throw)
- Partners roll grounders back and forth to each other until each player has received 10 grounders

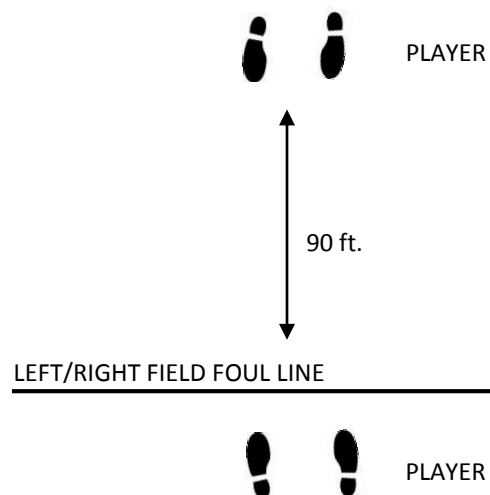
Add Difficulty:

- To add a degree of difficulty, the players can back up to 90 feet and make full crow hop throws to each other

Layout of Drill:



Add Difficulty:



Cut Offs for Outfield

Skill Set: Outfield

Difficulty Level: Easy

Number of Athletes and Coaches: All outfielders and middle infielders, 1 coach

Average Time to Complete: 15 minutes

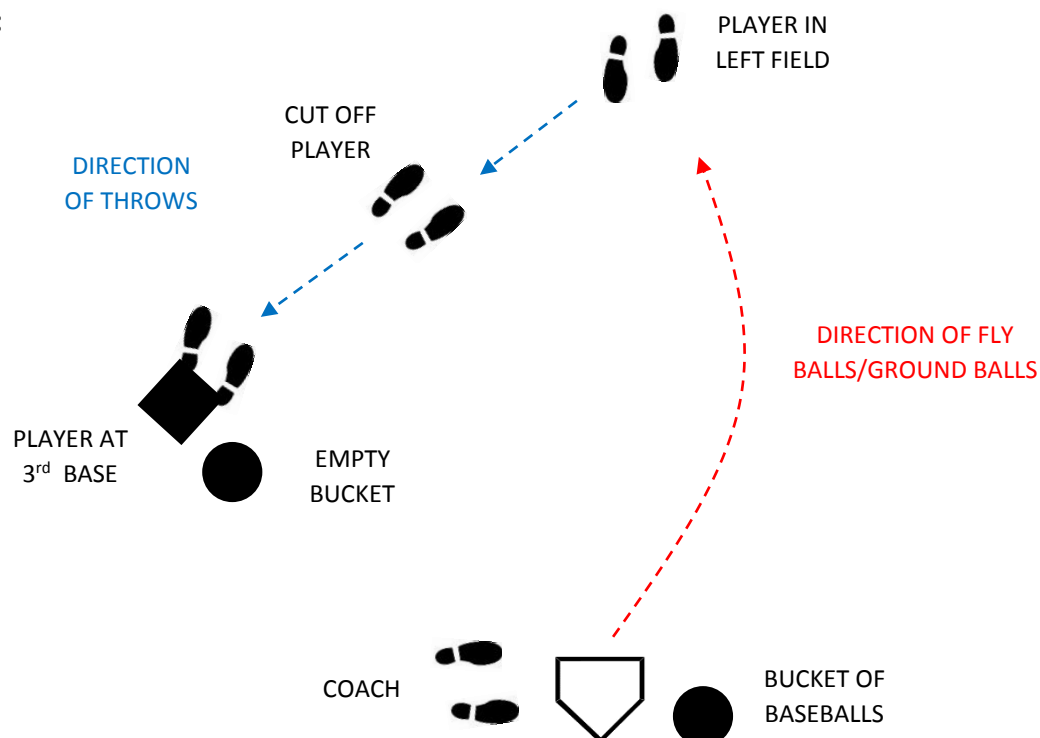
Equipment Required: Gloves, baseballs

Goal: Make a good throw to the cut off player focusing on their knees as a target

Description of the Drill:

- All outfielders start in a line in center field
- Coach stands at home plate and hits a fly ball or ground ball to first outfielder
- Outfielder fields ball, throws to the shortstop who is halfway between the outfielder and 3rd base
- The outfielder should focus on making a good throw to the cut off player, focusing on their knees as a target, the outfielder should aim low and miss low with their throw
- Shortstop catches the throw and throws the ball to the 3rd baseman, who is covering 3rd base
- 3rd baseman places the ball in an empty bucket behind them
- Outfielder rotates to back of the line
- Outfielders rotates through the line in left field so they each receive 3 repetitions, then the whole line goes to centerfield and repeats the drill

Layout of Drill:





Defensive Stations – Infield and Outfield

Skill Set: Infield, Outfield

Difficulty Level: Easy

Number of Athletes and Coaches: Athletes broken into 2 groups, 1 group per station

Average Time to Complete: 30 minutes, each station takes 15 minutes, then groups rotate stations

Equipment Required: Fungos for coaches, gloves, bucket of baseballs

Goal: Focus on the fundamentals of infield and outfield through rotational stations.

Infield Stations – 15 minutes total

The following stations should be set up on a field or on throw down bases, with a coach hitting groundballs at the Shuffle Gather Throw Fungo and Slow Roller Fungo stations.

1. Shuffle Gather Throw Fungo – 10 minutes

- Players are at least 60 feet away from the coach in a line (or in the infield positions), one player at 1st base
- Coach is near home plate, hits groundballs to players
- Players field ground ball, staying low, and come up to shuffle feet once, gather the ball in the throwing hand, to throw to 1st base
- Players should stay under control when shuffling and get themselves in a better position to throw
- Players field and throw the ball, then rotate to the back of the line
- Coach hits groundballs so that each player receives 10 repetitions

2. Slow Rollers Fungo – 5 minutes

- Players are at least 60 feet away from the coach in a line (or in the infield positions)
- Coach is near home plate, hits slow rolling groundballs to players
- Players charge the slow rolling ground ball, staying low to field it under control with two hands, and fake a throw to the 1st baseman
- Players should stay under control so that they can break down and field the ball (don't charge so fast that the player is out of control)
- Players field and throw the ball, then rotate to the back of the line
- Coach hits groundballs so that each player receives 10 repetitions

Outfield Stations – 15 minutes total

The following stations should be set up on an open field, with a coach hitting balls at the Outfield Communication station and throwing fly balls at the Quarterback Angle Throw station.

1. Outfield Communication – 10 minutes

- 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

2. Quarterback Angle Throw – 5 minutes

- Coach stands on right/left field line, players each have a ball, in a line behind the coach
- Player tosses coach their ball and sets up 10 feet from the right/left field line facing the coach
- Coach points over the player's right or left shoulder to dictate direction of drop step
- Player takes a drop step in that direction, stepping back with the foot on the side the coach pointed to, and runs on a backwards angle in that direction
- Coach throws a fly ball out in front of the angle the player is running, 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

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

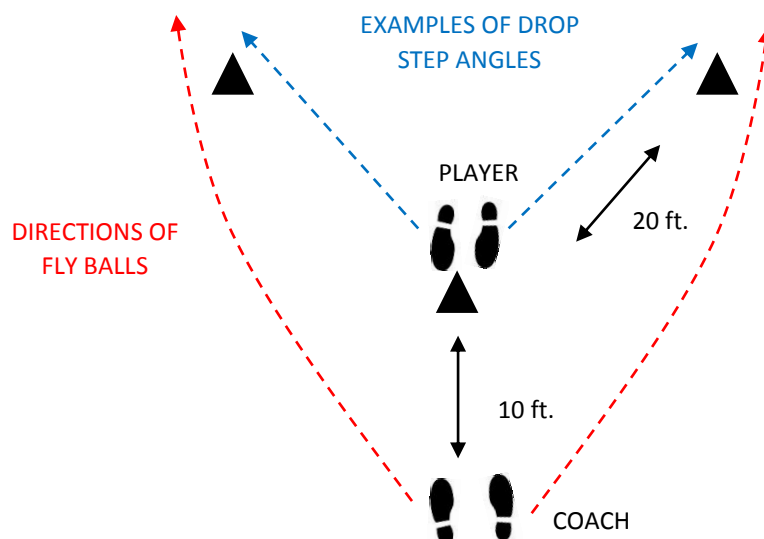
Description of the Drill:

- 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:

