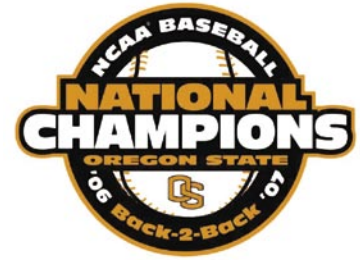


Outfield Play



Expectations

1. We expect outfielders to properly prepare for games by practicing at game speed.
2. We expect outfielders to be vocal and to communicate.
3. We expect outfielders to thoroughly understand hitter tendencies based upon scouting reports, in game information, and to adjust according to the hitter's count.
4. We expect outfielders to make good decisions based upon game situation, score, runner's speed, etc.
5. We expect outfielders to take ownership for their actions. The 1st step in growing up is to be personally accountable.
6. We expect outfielders to hit cuts.

Team Defensive Philosophy

"Minimize the bases we allow."

Fly Ball Communication

- "Ball" Verbal used by all outfielders
 - "Green" Gapped ball – tells other OF to "go for it" and OF that uses the verbal will back up the play.
1. The CF has priority over all outfielders.
 2. All OF have priority over the infielders unless they wave their hands – this tells the OF they are camped under the baseball.

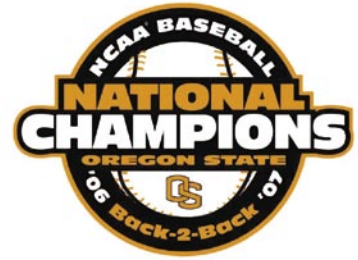
OF Rules on Ground Balls

1. Ball hit at you—Throw 2 bases ahead.
2. Ball hit away from play side—Throw to 2B – Keep the DP in order
3. Ball hit to the fence—Double Cut –hit the 1st cut high—if missed—will go to the 2nd cut.

"Sports don't build CHARACTER, they reveal it."

Outfield Play

Individual Drills



Throwing Progression

1. Two Knee Throwing
2. Backward Chaining
3. Line Drill
4. 90 – 120 – 150 – 180 – 210 (two-minute intervals)
5. One hop throwing drill (150 feet)

“The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will.”

—Vince Lombardi

Dry Run/Foot Pattern Progression

1. Set to a ready position
2. Drop step
3. Slow Read
4. Spot Read

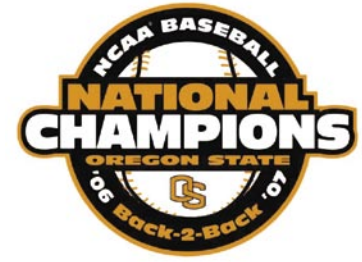
*“You will never know how good you are unless you go out on a limb.
That is where the fruit is!”*

Fly Ball Progression: two of each (coach or player throwing)

1. Right—Left
2. Wrong Way
3. Double Wrong Way
4. Extend Left—Extend Right
5. Spot Read Left—Spot Read Right
6. Ball Off Fence (quickness & accuracy beat velocity—hit the 1st cut high)
7. Fence Drill (no ball and with ball)

Outfield Play

Individual Drills



Dive Progression

1. No Ball Dive Right
2. No Ball Dive Left
3. No Ball Dive Coming In
4. Same Progression with Baseball

"Success and excellence are not the same. Excellence grows within a person, is largely within the person's control, and it meaning lasts."

—Joe Paterno

Ground Ball Progression

1. Right – Left – Front (nobody on)
2. Right – Left – Front (runner at 1st base)
3. Right – Left – Front (runner on 2nd base)
4. Slide Dive & Throw
5. Reverse & Throw

Outfield Play

Combination Drills

1. Two-Man Communication
2. Three-Man Communication
3. Two-Man Communication Dive Drill
4. Two-Man Communication Fence Drill

"Fear is what stands between a man and an extraordinary life, and the surest way is to stare it down over & over, until the gaze becomes habit."

—Pat Tillman, Arizona Cardinals/Army Ranger