

# Numbered Outfield Drill

By Mike Fox

I like this numbered outfield drill. Great way to begin practice and get everyone's arm ready. All outfielders begin in left field as a group and the ball is hit to left and thrown in to all four bases. You see how clean and fast the ball can go from fungo back to coach. Very important to throw the ball in cleanly from the outfield of course. Not long throws so they should all be in the air—no short hops for sure. Each infielder is ready to receive and throw to next base.

You can have the outfielders throw as many times as you wish from left field and to all bases depending upon the number you call out. Then they all run to center field and the drill continues from there. Outfielders get to throw from each position and angle. Catchers take throws and throw to first, second and third. They should have gear on. You can use pitchers if you want to back up first throw. Sometimes we do but many times we don't. You can change up the throws as you wish. Below is an example giving each player one throw to each base from each position. Hope this one helps.

## LEFT FIELD

2 - 1 - 4 - 3  
3 - 4 - 1 - 2  
4 - 2 - 3 - 1

## CENTER FIELD

2 - 4 - 1 - 3  
3 - 2 - 1 - 4  
4 - 3 - 1 - 2

## RIGHT FIELD

2 - 3 - 4 - 1  
3 - 1 - 2 - 4  
4 - 2 - 1 - 3