

## Regular Outfield Drills

### Crossover Step Drill

#### Age Appropriate

Grouping 4, ages 7 to 15+

#### Objective

To develop a fundamentally sound crossover step

#### Setup

A bucket of balls and a coach to throw them

#### Execution

The crossover step (pivot one foot while crossing the other one over in the direction of the ball or the next base) is the most efficient way to move laterally on the baseball field. The crossover is an important technique for all fielders and baserunners. Outfielders line up, each with a ball. The first outfielder steps forward, tosses the ball to the coach, and assumes a ready position. The coach tells the player which way to go ahead of time. The player crosses over in that direction, then the coach tosses ball so it can be caught with two hands over the head. The player should concentrate on crossing over correctly until comfortable doing so. The coach should tell players which direction they'll be going ahead of time until they master the step. Then mix it up at will.



#### Coaching Keys

As with Pass Patterns (page 124), stop this drill and start over if the player performs the crossover step incorrectly. The goal of this drill is to force the player to get to the spot quickly and catch the ball with two hands over the head. More difficult over-the-shoulder catches are practiced using the Pass Pattern Drill.

*(continued)*

## Crossover Step Drill *(continued)*



**a**



**b**