

## Advanced Outfield Drills

### Drop Step Drill

#### Age Appropriate

Grouping 5, ages 10 to 15+

#### Objective

To develop a fundamentally sound drop step

#### Setup

A bucket of balls and a coach to throw them

#### Execution

This drill is much like the drill for the crossover step but a bit more advanced. Players line up. The first player steps forward, tosses the ball to the coach, and assumes ready position. The coach says "Go!" and the player performs a drop step (drop one foot back, turn body, and cross the other foot over in the direction of the ball). The coach throws the ball directly over the player's head, high and close enough that he or she can catch it with two hands above the head.



#### Coaching Keys

Have players take time to get footwork correct before tossing. As with Pass Patterns (page 124), stop this drill and start over if players do the drop 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 Pass Patterns.

*(continued)*

## Drop Step Drill *(continued)*



**a**



**b**



**c**