

Advanced Outfield Drills

Fence Drill

Age Appropriate

Grouping 5, ages 10 to 15+

Objective

To learn the importance of field awareness and how to pursue fly balls hit near the outfield fence

Setup

A bucket of balls and a coach to throw them

Execution

This drill teaches outfielders to be aware of their surroundings. The activity is not intended to practice robbing home runs, but that element can be added for fun. Each player gets in line with a ball. The first player tosses the ball to the coach, who throws a fly ball that will land on the warning track. The player races back, feels for the fence with his or her bare hand, and then catches the ball with two hands over the head.



Coaching Keys

Young players often miss fly balls because they take their eyes off the ball to find the fence. They should first glance back to where they are running and then pick up the ball without looking at the fence again. Once they get to the warning track, have them start feeling for the fence with their throwing hand. At this point they should remain focused on the flight of the ball.