

## Advanced Outfield Drills

### Hitting Balls to Outfielders

#### **Age Appropriate**

Grouping 5, ages 10 to 15+

#### **Objective**

To give outfielders a more realistic look at balls coming off a bat

#### **Setup**

A bucket of balls, a fungo bat (or any bat), a coach to hit, a player or coach to catch throws

#### **Execution**

Just as is true for infielders, it's important to hit balls of all kinds to your outfielders. Most of the drills and skills mentioned here for outfielders can be performed with coaches hitting balls. Again, it's important that the coach understands the skill level of the players he is hitting to and to adapt accordingly, sometimes even from one player to the next. Don't hit balls too high or too hard or use hard baseballs until players are confident catching ground balls and fly balls the right way. Once they're comfortable, repetitions are the best way for outfielders to improve.