

OUTFIELD FLY

PURPOSE

To develop the skills necessary to catch fly balls

EQUIPMENT

Two buckets of baseballs, fungo bat, gloves

TIME

6 to 10 minutes

PROCEDURE

1. Position two infielders, one on either side of second base, a few feet into the outfield grass where they would normally catch a cutoff throw.
2. Set up a line of players in right field and a line of players in left field.
3. One coach stands between home plate and first base. The other coach stands between home plate and third base. Each has a bucket of balls.
4. A parent or coach should monitor both lines in the outfield.
5. A coach, with a fungo bat, hits a fly ball to the first player in the right field line.
6. The player throws the ball into the cutoff man at second base, runs along the outer part of the outfield, and returns to the end of the other outfield line.
7. The other coach hits a fly ball to the first person in the left field line, who throws the ball into the cutoff man at shortstop. The fielder runs along the outer part of the outfield and returns to the end of the other outfield line.

KEY POINTS

1. The more the coaches or parents are involved with this drill the safer it is for the players.
2. If the ball is angled, fielders should run sideways with their lead shoulder pointing in the direction of the fly ball.

OUTFIELD FLY

3. If coaches accidentally ground a ball, the players should play it. Outfielders should charge a slow-moving ground ball.

