

## Regular Outfield Drills

### Thrown Fly Balls

#### Age Appropriate

Grouping 1, all ages

#### Objective

To learn to catch fly balls with two hands above the head in a controlled environment

#### Setup

A bucket of balls and a coach to throw balls to players; soft or sponge rubber balls for younger players

#### Execution

To prevent injury and embarrassment, players must be comfortable catching fly balls properly before fly balls are hit to them. The proper way to catch a fly ball is with two hands above the head so that eyes can follow the ball into the glove. The simplest way to teach proper execution is to throw fly balls to players and force them to do it correctly. Start with short, easy tosses and then adjust the height of throws to the skill and comfort level of players. You can start younger players out with soft baseballs or sponge rubber balls to avoid injury and build confidence. You can turn this drill into an elimination contest for the youngest players. Stress getting to the spot where the ball is coming down and catching with two hands above the head.



#### Coaching Keys

Players who regularly miss fly balls are most likely not watching the ball and should perform the drill again and again, attempting to catch the ball with two hands above the head so that they can see the ball travel all the way into the glove. Many players catch fly balls while backpedaling or moving away from the infield. Try to get them to learn to catch the ball while moving slightly forward when executing this drill.