

NHS Baseball: Outfield

Outfield Play

Outfielders are often overlooked defensively. It seems that some people think as long as the center fielder has speed do not worry about the other guys. We take our outfielders seriously. It is important to take care of the little things. Outfielders can have a huge effect on the number of bases that a runner will take.

Things to Think About:

- 1. Where to position yourself**
- 2. Where is the hitter most likely to hit the next pitch**
- 3. The game situation**
- 4. Where to throw the ball**
- 5. The field and weather conditions**
- 6. When and where to backup an infielder**
- 7. The fence- steps from the warning track (if there is one)**
- 8. How to take good routes**

Stance:

- 1. Athletic stance**
- 2. Feet parallel**

Positioning:

- 1. Depends on many conditions**
- 2. Game situations**
- 3. Ball park size and conditions**

Running Down a Fly Ball:

- 1. Get behind the baseball**
- 2. You have priority over infielders- call it early**
- 3. Do not back pedal on a ball over head- turn and go get it**

- 4. Find the fence and work forward**
- 5. Freeze on line drives**

Ground Balls:

- 1. Know the situation**
- 2. Get to ball quickly to prevent a hustling runner from taking an extra base**
- 3. Open thumb up, creating a larger catching area**
- 4. Charging to throw- do or die**
 - a. Get low**
 - b. Field as close to your foot as possible**
 - c. Glove side foot is forward**
 - d. Swing glove to hand and close to front shoulder**

Communication:

- 1. When calling for it say, "Mine, mine, Mine"**
- 2. Tell each other where to throw**
- 3. Hold each other with the fence**

Throwing:

- 1. Use four seams**
- 2. Get rid of baseball as quick as possible**
- 3. Get your feet on the ground quickly**
- 4. Dead ball- pick up with bare hand and get to cutoff**
- 5. Word through the cutoff at all times- a long hop is easy to handle**

General Rules:

- 1. You should only dive for a ball that has been hit high or is loopy**
 - a. If you do not catch it, it will not go very far**

- 2. You should only dive for a ball in the gap- never towards the line**
- 3. Good routes and reads makes an average runner look good**

Daily Outfield Drills

Key Ground Balls:

- 1. Left / right / forehand / backhand**
- 2. Routine: lead with glove**
- 3. Do or die**

Break Down Fly Balls:

- 1. Proper footwork**
- 2. Get behind the ball**
- 3. Catch the ball at highest point**
- 4. Two hands**

Fly Balls on the Move:

- 1. Left / right / over the head**

Sun Drill:

- 1. Use throwing hand to block the sun**

Dive Drill:

- 1. Left / right**
- 2. Butt slide**

Fence Work:

- 1. Find the fence**
- 2. Work from the fence forward**
- 3. Communicate distances to the fence**

You / Me:

- 1. Communication in the gaps (in the air and on the ground)**

Relays / Cuts

- 1. Throw through the hat**
- 2. Hit the glove side**