

OUTFIELD PLAY and DRILLS

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Philosophy

- It's all about the FEET!!
- The “Offensive Linemen” of Softball
- Have a plan prior to each pitch
 1. Fly Ball = 1 Base ahead
 2. Base Hit = 2 Bases ahead
 3. Gaps = 3 Bases ahead
- COMMUNICATION
- Move on every pitch/play
- Who are your best athletes?—structure your defense accordingly.
 1. Converted IF makes great RF
 2. Fastest = CF
 3. Pitching—who will get the most balls
- Position your OF's—Pull vs. Pinch vs. Oppo vs. No Dink vs. No 2B

Goals

- Range—Drop Steps and Correct Angles
- Powerful and Accurate Throws
 1. Crow Hops
 2. One-Hop Throws
 3. Finding and hitting cuts
- Keep the ball at 1 o'clock
- “The Line is your friend”
- Consistency with glove
- Backhands and forehands—ONE Hand

Practice Organization

- Split your defensive practice into three parts:
 1. Pre-practice—During or after stretch/warmup and before throwing—REPS, REPS, REPS!!
 2. Individual—Incorporate specific fielding skills with appropriate throws.—REPS, REPS, REPS!!
 3. Team—Game Situations—use live runners as often as possible and reinforce simulations in which the coach hits as often as possible with live pitching and hitting—INTENSITY/EXECUTION—KEEP SCORE!!
- Reinforce proper throwing mechanics
- Incorporate practice of outfield skills during throwing

Pre-Practice

- Pre-pitch communication/reads
- Ready Positions/Drop Steps and Lines

- Approaches to Balls—Angles/Rounding/Do or Dies--CONES
- Footwork on Crow Hops

Individual

- Partner Drills—Part of throwing daily—work on specific skill

One-Knee	Do or Dies	Backhand	Forehand
Short Hops	Crow hops	Relays	On the Run
- Fungoes—Substitute Pitching Machines to free up coach to observe fielders--reposition your fielders and have machine throw hit to the same location each time. Advantages—frees coach to truly evaluate performance of task
- Diving Practice (“Get Dirty”)—Slides vs. Head First.
- QB Drill—no glove vs. glove
- Gap Communication Drills
- Square Drill—IF vs. OF
- Sun Balls
- Fence Balls

Team Drills

- Live Batting Practice—not just “shagging” balls
- “Hubby/Wife”—All Triangles—Emphasize Communication
- Proper Back up positioning
- Include them in Rundowns
- Situations with baserunners—Coach Hit--vary baserunners, outs, lead vs. behind, inning.
- 3 or 4 way scrimmages
- 21 Outs