

Moorhead Baseball

Outfield Keys

- *Good Read
- *Decisive First Step
- *Good Angle
- *Get Around the Ball

Ready position

- ACTIVE on every pitch
 - Movement between pitches
- Come set to an athletic stance when pitch is delivered
 - Weight evenly distributed ready to react
 - On your toes
- Let your eyes guide your movements
- Get in the habit of moving as if every hit ball is coming to you

Reaction to the ball

- First step is a hard decisive step
 - Teach back first,
 - Easier to run in than back
 - Open hips to run back and get behind the ball while also keeping eyes on the ball
- Get to the ball with arms tight and pumping, NOT outstretched reaching
- Get around the ball
 - Two hands up to secure the catch
 - Quick transfer
- Momentum coming forward
 - Snap the ball into the CUT every time
 - Hit him in the chest (throw through the CUT)
 - Left, Right, Left Release (glove pointed at target, pinky to pit, to make sure the ball doesn't sail)

Communication

- Teach kids early to call EVERYTHING
 - "I got it" "Ball" "Me"
 - Call out other player's name as well
 - ALWAYS communicating/listening on cuts/etc.
- Consistency in calls

Random thoughts

- Glove size

- Make sure gloves are appropriately sized as kids get older. Used to using the correct size for the position
- Teaching how to dive
 - Stress the importance of diving the right way to avoid injury
 - Dive and glide, not dive and dud
- Last line of defense
 - Ball gets by us, we are in trouble.

Please feel free to contact me if you are curious about drills or need additional information.

Outfield Drills

Drill	Description	Level	Materials
Fly Balls	Hit fly balls daily, give players a chance to work on tracking the ball off the bat as often as possible. Emphasize key fundamentals.	All	Baseballs, Bat
Drop Drill	Players start in front of coach, coach points one direction, player opens hips to simulate drop running with hips opened in that direction. Coach throws ball up, player gets around ball and makes the catch. (Done with tennis balls early to get both hands up)	All	Baseballs
Get the Angle	Players start in front of the coach staggered off to the side. Coach throws balls on ground or in the air, players get around and square up hips as if they are firing back into the coach	All	Baseballs
Drop Drill Advanced	Same as above, only have players work on turning their heads around as if they made the wrong initial read	Advanced	Baseballs
Cut Drill	Players catch fly balls and position themselves on the catch according to what base they are throwing to, (can throw into nets or at objects if needed)	All	Baseballs, Nets(?)
21 Outs	Coach(es) hit multiple balls at a fairly quick rate, players must communicate and call it. 21 consecutive outs or drill starts over	All	Baseballs
Tennis Balls	Coaches use a tennis racket and tennis balls to hit pop ups at a quick rate. Players track and	All	Tennis Balls/Tenni

	catch tennis balls (For extra challenge do on windy/sunny days)		s Racket
Dive Drills	Players get 2-3 steps then dive. Stress diving the correct way to avoid injury.	All	Baseballs
Popcorn	Boundary off an area and put 2 players in that area. Rapidly toss 12-15 balls up and allow them to communicate and make the catches.	All	Baseballs, Cones (or way to boundary area off)
Top Plays	Players start on edge of the field, move directionally making "top plays" then stopping. Good for conditioning.	All	Baseballs