# *COUGAR BASEBALL - Outfielders Practice Checklist*

**DATE WORKED ON:**

| **SKILL** | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| ***Throwing Technique*** | | | | | | | | | | | | | | |
| - Gather Step | | | | | | | | | | | | | | |
| - Pivot Turn & Throw | | | | | | | | | | | | | | |
| - Pop-Up Slide & Throw | | | | | | | | | | | | | | |
| ***Pre-Pitch Plan*** | | | | | | | | | | | | | | |
| - Decleat | | | | | | | | | | | | | | |
| - Hitter's Tendencies | | | | | | | | | | | | | | |
| - Positioning by the Count | | | | | | | | | | | | | | |
| - Positioning by Coaches | | | | | | | | | | | | | | |
| - Knowing the Environment | | | | | | | | | | | | | | |
| - Knowing the Field Dimensions | | | | | | | | | | | | | | |
| - Game Time Situation | | | | | | | | | | | | | | |
| ***Ground Balls*** | | | | | | | | | | | | | | |
| - Traditional Footwork | | | | | | | | | | | | | | |
| - New Footwork | | | | | | | | | | | | | | |
| - Do-or-Die | | | | | | | | | | | | | | |
| - Dead Balls | | | | | | | | | | | | | | |
| - Wall Balls | | | | | | | | | | | | | | |
| - Lateral Groundballs | | | | | | | | | | | | | | |
| ***Flyballs*** | | | | | | | | | | | | | | |
| - The Jump | | | | | | | | | | | | | | |
| - At You | | | | | | | | | | | | | | |
| - Overhead | | | | | | | | | | | | | | |
| - Overhead Adjustments | | | | | | | | | | | | | | |
| - Head Turn | | | | | | | | | | | | | | |
| - Pivot Turn | | | | | | | | | | | | | | |
| - In-Front - Bloopers | | | | | | | | | | | | | | |
| - In-Front - Line-Drives | | | | | | | | | | | | | | |
| - Balls Left | | | | | | | | | | | | | | |
| - Balls Right | | | | | | | | | | | | | | |
| - Sun Balls | | | | | | | | | | | | | | |
| - Wall Balls | | | | | | | | | | | | | | |
| - Diving Catches - Pop-Up | | | | | | | | | | | | | | |
| - Diving Catches - Head First | | | | | | | | | | | | | | |
| ***Throwing to Bases*** | | | | | | | | | | | | | | |
| - Hitting the Relay Man | | | | | | | | | | | | | | |
| - Throwing Behind the Runner | | | | | | | | | | | | | | |
| - Working through the Ball | | | | | | | | | | | | | | |
| - Man on First | | | | | | | | | | | | | | |
| - Man on Second | | | | | | | | | | | | | | |
| - Man on Third | | | | | | | | | | | | | | |
| ***Game Time Responsibilities*** | | | | | | | | | | | | | | |
| - Communication | | | | | | | | | | | | | | |
| - with Outfielders | | | | | | | | | | | | | | |
| - with Infielders | | | | | | | | | | | | | | |
| - with Coaches | | | | | | | | | | | | | | |
| - Gap Talk | | | | | | | | | | | | | | |
| - Backing Up Bases/Rundowns | | | | | | | | | | | | | | |