

# OUTFIELD CLINIC ACTIVITIES - Week 1

## Throwing Drill

**Objective:**            **Work on proper throwing techniques:** Grip, step, follow-through and accuracy.

Set up teams of two. Put one player on a line on the baseline between home and 1B and a second player on a line in the outfield 60' behind the baseline between 2nd and 3rd and parallel to the first line. Throw the ball back and forth between partners using the correct form. The target is the partner's throwing shoulder.

## Outfield Ground Ball Drill

**Objective:**            **Work on proper fielding of ground balls:** Knee down, field the ball off the throwing foot, followed by a strong and accurate throw.

Put one base person and one thrower at each base and one outfielder 60'-80' beyond each base. The thrower throws a hard ground ball to the outfielder who fields the ball using the proper form, then throws to the base person who makes a tag. After five throws move the base person to the outfield, the outfielder to thrower and the thrower to the base person.

## Get Ball and Throw Competition

**Objective:**            **Work on getting quickly to a ball stopped behind an outfielder:** Proper pick up and throwing technique, field the ball in the middle of the body, straddle the ball with the glove hand towards the infield...

Place a ball on a line 20' away from a player, on "Go" the player sprints to the ball, picks it up and throws to a shagger standing 80' behind where the player just started. Time each player from "Go" until the ball is caught by the shagger. The fastest time is the best.

## Charge/Drop Back Drill

**Objective:**            **Work on the ability to catch a fly ball while running full speed in and then catching a fly ball while running back.**

A player lines up 80' in front of a thrower. The thrower tosses a fly ball in front of the player who charges in, catches the ball and throws it back to the thrower. The thrower then throws a fly ball over the player's head (left or right) so the player has to run back to catch it. The player then returns the ball to the thrower. After four throws switch player and thrower.