

OUTFIELD CLINIC SCHEDULE - Week 1

<u>Time</u>	<u>Minutes</u>	<u>Activity</u>
:00	15	Jog, stretch, warm-up, Star Drill
:15	5	Introductions and purpose of the clinic
:20	5	Key points to explain: Throwing is the most important skill for an outfielder. Call "BALL" if you are going to catch the ball. Call "BALL" when the ball is at the top of its' flight. Priority/Lanes - Use the handout - <i>Tips on Playing the Outfield</i> . Sprint to where the ball is coming down, Do Not Drift! Run on the balls of your feet (keeps your eyes focused better).
:25	20	Throwing (Teach) Proper throws for the outfielder: hold the ball, throw it and watch the spin. Movement of the feet is important, follow-through properly.
:45	10	Throwing Drill (Practice)
:55	12	Ground Balls at the outfielder (Teach) Ready stance, field the ball on the throwing side.
1:07	6	Outfield Ground Ball Drill (Practice)
1:13	8	A Ball Stopped Behind the Outfielder (Teach)
1:21	4	Get Ball and Throw Competition (Practice)
1:25	20	Fly Balls - Use the Pitching Machine (Teach and Practice) Shoot balls to one spot, get to the ball, line up, catch and throw Get behind the ball, shield sun with glove and catch on throwing side.
1:45	10	Charge/Drop Back Drill (Practice)
1:55	5	Discussion and Handouts
2:00		See you next week