

Outfield Drills

Outfield Tennis Ball Drill

Equipment: tennis ball, helmet, tennis racket

1. Have players line up with helmets on
2. Hit the tennis ball (underhand) into the air to mimic a pop fly
3. Players have to get under the ball and bump it with their face

Goal:

- Getting under the ball when catching pop flies

Variations:

- Afterwards, introduce catching it (with glove)
 - Emphasize 2 hands-or ball will fall out

Outfield Tracking Drill

Equipment: Glove, ball, cones

1. Set up 2 cones a fair running distance apart (vertical)
2. Have player stand in ready position in front of you, facing opposing cone
3. On your signal, the player will turn around and run to the other cone
4. Once at the cone, player will turn back around-you will have thrown the ball in the air like a pop fly
5. Player must catch the ball

Goal:

- Tracking pop flies

Variations:

- Throw the ball to their left or right to make them track sideways as well as depth