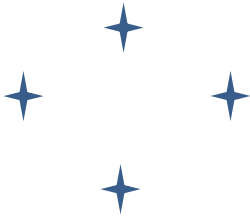


OUTFIELD STAR DRILL

Set up 4 pylons in a star shape in the outfield



Have the player start at the bottom pylon. Throw a baseball over the players head and have them practice their drop step to run back and catch the ball.

Next, have the player start at either the right or left pylon, throw the ball across the star so the player can catch the ball and practice ranging either right or left depending on what pylon they are at.

Lastly, have the player stand at the pylon closest to the fence. Throw the baseball short so that the player can come charging in to simulate the “do” or “die” throw to home plate.

This drill is great for working all different angles in the outfield.