

Building the Outfielder with Six Fundamentals of Outfield Play

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The dynamics of a Strong Foundation:

- A transparent staff that challenges one another is important
- They provide fantastic learning enviro
- They show care for each athlete and member on the team.

Mentally prepare for the upcoming pitch – batter, runner, know what the situation is and who is where.

In the box plays:

- Routine plays the outfielder needs to make
- They must be turned into outs or played properly

Outside the box plays

- The “web gem” type plays
- Prevent the extra 90ft and keeping the double play in order

1)Feet

- the prep step\ready step – find players preference. Outfield prep step when ball is in hitting zone, otherwise dead feet and unathletic.
- Several options to use (right left , glove present, jump, hop etc) but the timing stays the same
- Be in an athletic position with the glove down.

2)Find

- Outfielder needs to watch the hitting zone at all times to get good read off the bat
- Reading ball flight is paramount
- Importance of BP(games) – actual reps off a live bat
 - example of game-21.
 - different point levels for different things

3)First three steps

- Getting on route with the first step is ideal
- Get a “good jump”

4)Field

- Go to the spot of the catch quickly

- Catch point – eyes behind glove, see the catch into glove pocket
- With no one on- Just catch it.
- Runner on – get behind the catch

Line Drives- sink or sink and step back

Ground balls – understand what route to take to get to the ball quickly

Pro step-fielding off big toe, step behind

drive step-off big toe, stepping forward

shuffle pattern- no one on, protects ball from getting past

5)Fire

- After you have fielded the ball, bring ball to sternum
- Rotate your glove side shoulder and transition the ball out of the glove with both thumbs going down
- Thumbs down allows the body to get in line with the target

Throwing rules (where to throw)

Ball at you – lead runner

Ball in the direction of the lead runner – lead runner

Ball away from you - 2nd base

Bobbled ball – 2nd base

Drills to work on when ‘play catch’

Hat Drill – work on feel of long hop

-At maximum distance, the outfielder will go through his ground ball or fly ball footwork

- Put the hat about 51- steps out in front of you.

-Work on hitting the hat, helps with long hops.

Off the wall

-outfielder places the ball behind him, to behind him to his left, or behind him to his right.(pretends to grasp it off the wall and makes the throw.

Turn and Burn(over the shoulder catch)

-outfielder has the ball in his glove, works on prep step, direction step and take 3-5 steps to complete the play

-Prep Step, Direction Step, Make the play

Bucket Drill

Using a ball bucket, beating the ball to the spot, putting the bucket down. Can give point for catching them to make a game out of it.

2 line Communication Drill

Fielders in two lines (distance apart approx. from left to center)

Ground and flies hit to middle and they have to call /cover the ball