

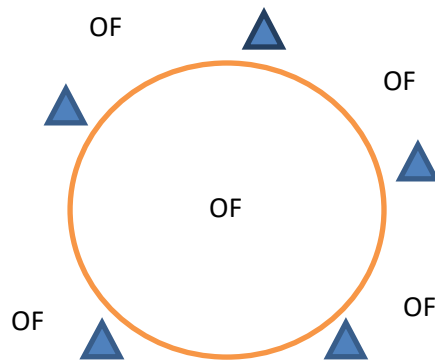
## Outfield Drill – “Ring of Fire” (Coach Matt Bragga – Tennessee Tech)

Submitted by Derek Murdoch – Swift Current Pee Wee Indians

**Objectives:** Challenge outfielders to start in an effective ready position and get to balls hit within a specified area. This competitive drill should reinforce the idea of “making plays”.

**Equipment:** Cones or pylons, baseballs, fungo bat, group of 4 or 5 players

**Set up:** In the outfield, make a large circle with cones or pylons that would designate the area that the outfielder is expected to cover. On the outside of the cones, station 3 or 4 other players that will shag balls that are hit outside the circle. Coach stands at home plate and hits fly balls that would land in the circle. For younger players, coach can stand closer to the circle and throw balls rather than hitting with the fungo.



1. The OF in the middle of the “Ring of Fire” begins in a good ready position in the centre of the designated area. The coach will hit/throw a fly ball that will land in the circle. The outfielder’s goal is to catch as many balls as he/she can without letting a ball drop inside the circle.
2. After the OF makes a catch, he/she must hustle back to the centre of the circle and be ready for the next ball. The coach will wait 2 or 3 seconds after the catch is made to allow the OF to “reset”. This reset might not always happen perfectly, particularly as the OF begins to tire. The OF will toss each caught ball to one of the other group members waiting outside the circle.
3. Each catch inside the “Ring of Fire” is worth 1 point. Diving catches are worth 2 points. Catches made outside the circle are worth 2 points. Coaches can add bonus points for outstanding plays (ie: a diving catch outside the circle).
4. An OF is done the drill when a ball drops inside the circle. Once that player is done his turn, an OF from outside the circle jumps in and tries to beat the previous high score.

**Coaching Emphasis:** Coaches should stress starting in a good ready position in the centre of the circle prior to each hit ball. Obviously, with hits coming quickly, this will not always be possible but players should understand that a good starting position will help them get to balls. Coaches should also emphasize that this drill is about “**making plays**” and being aggressive.