

WHS Coaching Resource – Outfield and Fly Balls

Philosophy	<ul style="list-style-type: none"> • Develop good mechanics, muscle memory, and prevent injury (today and in future)
Warm-Up	<ul style="list-style-type: none"> • Ensure athletes have completed dynamic stretching exercises as well as static stretching on arms and shoulders

Fundamentals/coaching tips

Title	Description
Outfielder stance	<ul style="list-style-type: none"> • Feet shoulder width apart with weight evenly distributed • Stride foot (i.e., glove foot) slightly ahead • Knees bent with slight bend at the hip • Head up, eyes on pitcher and batter • Body relaxed and ready to move in any direction (“athletic stance”) • Hands and glove about belt height (“ready position”)
Receiving the ball	<ul style="list-style-type: none"> • Approach the ball – ideally get to landing spot quickly and then fine tune placement • Run with arms bent – do not run with glove arm extended • If ball is over their head then drop step (turn) – do not back pedal • Set up under the ball and stride into catch (forward momentum towards where throw is going to be made) • Catch ball above the head over the throwing shoulder with shoulders in line with target • Catch the ball with two hands watching the ball into the glove the entire way • Soften the impact of the ball with the giving of the elbows and hands

Drills

Tennis ball drill (no glove)	From 10’ – 15’ away, coach throws short fly balls, player catches ball with two hands
Tennis ball drill (no glove, players wear batting helmet)	Coach throws short fly balls and players “head” the ball with the front of their batting helmet
Drop step drill (no ball or gloves)	Work on the drop step (without glove or ball) Practice going to the right 4-5 times and to the left 4-5 times
Drop step practice with ball (ball and glove)	Player starts 5 feet in front of coach Coach throws the ball – back to the right, player chases to catch. Player throws ball back to coach Repeat to the left side, and then return to line
Communication drill	Two players line up in outfield and coach throws fly balls. Players must shout “mine”