



Outfield

Main Points – Technique

1. A quality ready position is just as important in the outfield as it is in the infield. Be on the balls of your feet, with feet approximately shoulder-width apart, glove out front of you in an athletic position at the time in which the pitch is delivered.
2. RUN to get to the spot where a ball hit in the air will land quickly! Do not drift with the ball.
3. Watch the ball into the glove and catch the ball with two hands when possible. When you have time to “get under” the ball, position yourself so that you may catch the ball in front of your face and so that you can move through the ball while catching it, already getting your body in position to throw the ball back in to the infield.
4. The #1 priority when fielding a ball on the ground in the outfield is to keep the ball in front of you. If that means going to one knee to do so – do it. Preferably, the outfielder can approach the ground ball in front of him at a controlled speed and field the ball centered in front of his body with his throwing arm side leg/foot out front in order to keep any bad bounce in front of him, rather than allowing it to carom off to the side.
5. Teach your outfielders to throw back in to the infield using a **pro step technique, or crow hop**. This involves bringing the throwing arm side, or plant, foot behind the glove side foot, or taking a large, exaggerated step in front. Though sacrificing a little bit of throwing velocity, this allows the outfielder to get rid of the ball much quicker. For further explanation of the mechanics of the pro step, search for “outfield pro step” on YouTube for your pick of video explanations.