

# Yreka High School Baseball

“Home of the Miners”



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[www.yrekabaseball.com](http://www.yrekabaseball.com)

## Outfield Fundamentals and Drills

### Throwing:

- Grab a seam
  - Get 12/6 backspin to create ball carry and get a straight hop
1. 10 % drill working on 12/6 rotation
  2. One Knee
    - a. Working on arm action
    - b. Down, Back, Up, and Over the top
    - c. Get on top of ball
  3. Straddle (Body parallel to throwing direction)
    - a. Swing arm back 3 times / extend
    - b. Down, Back, Up and Over the top
  4. Hop Hop
    - a. Straddle position
    - b. 3 hops on back leg
    - c. Down, Back, Up and Over the top
    - d. Follow through
  5. Crow Hop
    - a. Simulate ground ball
    - b. Crow hop
    - c. Extend throw
    - d. Follow through

### Ground Balls: 5 GB Drills

- Ready Position
  - Athletic stance (feet shoulder width apart)
  - Knees slightly bent
  - Hands in front or on side / not on knees

1. Nobody on, nobody out (Keep the ball in front of you)
  - a. Go down on one knee (glove side)
  - b. Head down
  - c. Glove down
  - d. Field ball out in front / body protects bad hops
  - e. Get up quickly
  - f. Roll ball to OF: 10-15 yards away
  
2. Man on 1B or 2B – Bad runner
  - a. Break down
  - b. Make sure you catch the ball
  - c. Glove foot out
  - d. Field ball on inside of glove foot
  - e. Hand on top
  - f. Glove open
  - g. A little bit safe
  - h. Crow hop / follow through
  - i. Roll ball to OF: 10-15 yards away
  
3. Man on 1B or 2B – Good Runner
  - a. Bust it hard
  - b. Start breaking down
  - c. Get body under control
  - d. Field ball a little bit to the outside of glove foot
  - e. Glove down and open
  - f. Crow Hop / follow through
  - g. Roll ball to OF: 10-15 yards away
  
4. All or nothing (Do or Die)
  - a. Have to throw runner out at home
  - b. Bust it all the way through
  - c. Field ball on outside of glove foot
  - d. Roll ball to OF: 10-15 yards away
  
5. Drop step / Rounding off the ball
  - a. Ball in alley
  - b. Quick step to open up
  - c. Cross over
  - d. Round ball off
  - e. Line up: You – Ball – Target
  - f. Fungo from longer distance

## **Fly Balls: 4 FB Drills**

- Ready Position
    - Athletic stance (feet shoulder width apart)
    - Knees slightly bent
    - Hands in front or on side / not on knees
  - Catch ball above the shoulders
  - Catch ball on throwing hand side
1. Drifting Drill: 10-15 yards apart
    - a. Work on getting to the ball
    - b. Getting behind the ball
    - c. Work left and right directions
  2. Drop Step
    - a. Open up 45 degree angle
    - b. Cross over
    - c. Getting behind the ball
    - d. Work left and right directions
  3. Ball straight over your head
    - a. Open up glove side (Gives you an extra 2-3 feet of reach)
    - b. Work to get behind the ball if you can.
  4. Ball straight over your head but ball drifts to other side
    - a. Open up glove side
    - b. Recognize ball drifting to throwing hand side
    - c. Turn head and body quickly to glove direction
    - d. Fungo from longer distance

## **Throwing Drill: Accuracy**

1. Field Screen with Square on it
2. 30-45 yards away
3. Flip ball to player
4. Crow Hop
5. Stay behind ball
6. Follow through

## **Reaction Drill: Getting good jumps**

1. Player scissors legs
2. Coach tosses ball to the left, right back, and front
3. Show glove quickly