

OUTFIELD STATION



Defensive Drill #7

2020 Revision: 3 stations of 4 players max.

Take two - relay back to coach **Mechanics:** fly ball mech., pivoting to throw, communication

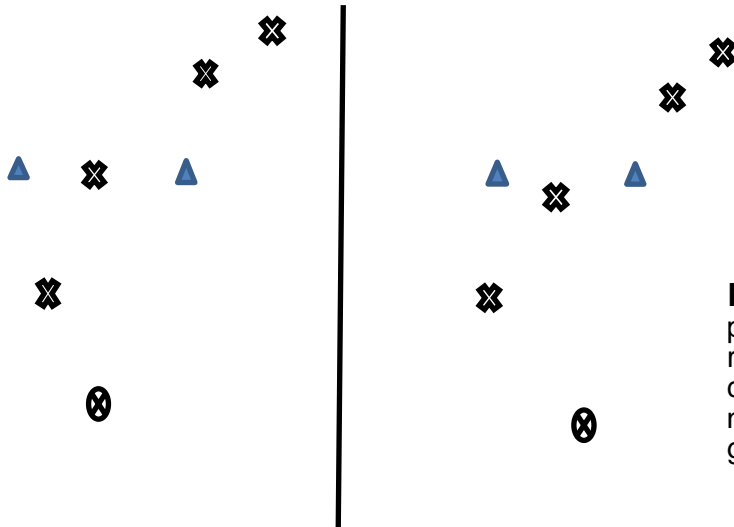
You will throw a fly ball behind each cone for each player (1 player - two catches)

she will stand between the cones before each fly ball is thrown

Once she has caught the ball she will throw to the relay person in front of you

There are two stations - 1 for each coach

split group into two one coach takes one and the other the other



Equipment:
2 to 4 softies
4 cones

KEY POINTS:

proper o/f mech.drop, cross overs
running to ball, then putting glove up
catching on throwing side preferred but
not a big deal
getting under ball ideal

⊗ symbol means coach

⊗ symbol means player

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