

RFYBO Outfield Fundamentals

Outfield Play

1. Set (before pitch) – relaxed hands, feet shoulder width, wt. on balls of feet
 2. Ready (during pitch) – athletic stance, hands off knees
 3. Action (after pitch) – go get it ... freeze on liner / drop step / crossover ... 2 hands
- Daily's
 1. crow hops – fly balls and grounders
 2. over the shoulder – drop step / crossover
 3. communication – 2 lines rotating back and forth
 - Hitting cutoffs – throw it “through” the cutoff man
 - Backing up – always anticipate an error. If you're standing still you're not doing your job!
 - Rounding the ball – taking the correct angle
 - Sun drill – shield with glove
 - Fence drill – listen for teammate, feel for it when he calls, find it, come back if need to

Fundamentals of Outfield

1. Starting athletic position with shoulders square to hitter
2. Weight shifts to balls of feet as pitcher delivers ball to plate
3. Concentrate on the ball contacting bat to anticipate ball flight early
4. Response to the ball is open move so your chest faces the ball
5. Sprint behind fly balls so you are moving toward the target when ball is caught
6. Catch fly balls slightly to the throwing side, glove above the cap
7. Field ground balls like an infielder unless a quick throw is required
8. Crow hop jumps off the front foot, back foot comes in front replacing front foot
9. Fundamentals of throwing are followed after completing crow hop
10. Cutoff throws should be aimed at the knees and thrown in a line