



# West Bend “Warriors” Youth Baseball



GO WARRIORS!

## Outfield Fundamentals

1. Athletic position, not too low but relaxed and comfortable. Hands to thighs, left, right, left right. Come to a set position on every pitch. A little more upright than infielders. Knees stay inside your feet. Stay compact and balanced.
2. Field the ball off your glove foot and heel click and throw
3. Always generating momentum toward the infield
4. Always throw off your power leg.
5. Cutoff targets- use the logo of the jersey as well as logo of the hat
6. No one on base, o.k. to go to one knee (right knee if right handed and versa)
7. Outfielders should use 2<sup>nd</sup> base as their guide for purposes of standing
8. Drop step, drop with right when to right side and vice versa. Right side, right leg, left side, left leg. Think about opening up and stepping back.(depends on the shoulder and where ball is traveling)
9. Stay behind the ball and generate momentum toward your target
10. Use your instincts, observe hitter, who's pitching, listen for the sound, read the ball
11. Know your backup responsibilities, move on any ball put in play
12. Let the ball come to you, hands above the head, don't jab at the ball. Squeeze the ball into the webbing of the glove.
13. Don't obstruct your vision, catch it to the side of your face not in front of the face
14. Outfielders keep your glove loose and flimsy
15. (4) Seam grip, goes straight for better accuracy and helps the carry on the ball. Don't want to see the seams, want to see white.
16. Go straight to the point where you think ball will end up.
17. On line drives, pause briefly, read and cross-over step to get to the ball
18. Always think about keeping the double play in order
19. Run on the balls of your feet, better balance and avoids excessive head movement
20. Outfielders should practice ground balls in a controlled environment. Key going to either direction is to throw off power leg.
21. Drills: over the shoulder, roll ground balls straight, glove and back hand sides, hit the cut
22. Outfielders when picking up a baseball that is not moving, pick up with bare handed
23. Throw over the top with a Big “C”, hand goes below the waist. Long arm throw from outfield
24. Practice your first step and getting a jump during batting practice
25. When catching, put the glove out at the last possible second.
26. Remember as an outfielder you're the last line of defense

27. Know your pitcher, what dimensions are, what wind conditions are, and who the hitter is. How does hitter swing, late, quick, observe and watch

Infield warm ups: Controlled environment, throwing pop ups over both shoulders as well as ground balls all three ways. Talk about back up responsibilities.