



OUTFIELD PLAY

Amanda Buchholz

Assistant Coach

DePaul University

abuchho3@depaul.edu



Chicago, IL





Throwing Drills and Arm Strength

Bands:

- * Focus on developing the back side of your shoulder and rotator cuff
- * Incorporate stretches and also strengthening
- * Need help 'slowing' our arm down, so it can keep moving forward faster
 - like a car.....slowing down or slamming on the brakes
 - the brakes are going to eventually give out the more you slam them
- * motions for all exercises should be slow and controlled
- * usually do about 2-3 sets of 10 for each

Drive Steps:

- * Develop Awareness
 - *High Drive* = drive up in air
 - *Long Drive* = reach out as far as you can
 - *Short Drive* (quick touch) = throw as soon as you land





Throwing Drills and Arm Strength cont.....

YTWLs:

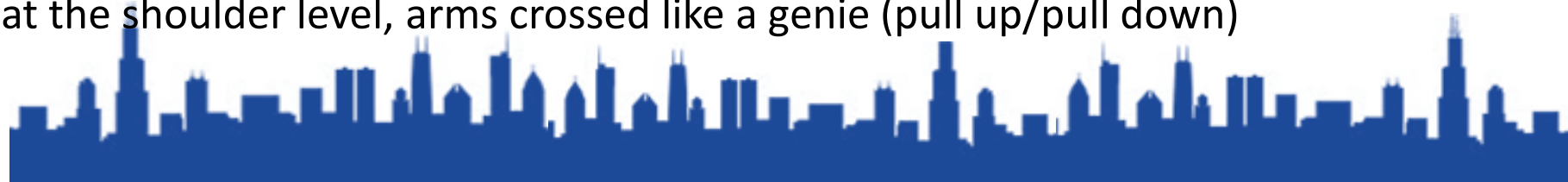
- * **Ys** = thumbs up, hands at your hip, lift arms at a 45 degree angle to shoulders, lifting not much higher than shoulders
- * **Ts** = thumbs point out to the side, palms facing forward, lift arms directly to the side, not much higher than shoulders, like in a thin hallway
- * **Ws** = hands in front like you are grabbing your belt buckle, elbows tucked to side and raise hands out and up to the side, upper arm doesn't move
- * **Ls** = palms down and in front like you are riding a bike, lift hands to rotate up towards ears but stay wider than head, elbow and upper arm doesn't move

Internal/External Rotation:

- * at the chest level, elbow stays tucked into side (pull into/pull away from stomach)

Internal/External Elevated Rotation:

- * at the shoulder level, arms crossed like a genie (pull up/pull down)



Throwing Drills and Arm Strength

1) Arm Acceleration



Ground to Ground

2) Release Point



One Knee Throw





Throwing Drills and Arm Strength

3) Leg Engagement



Hop-Hop-Throw
(Square or Drive Step)



Resistance Band



Throwing Drills and Arm Strength

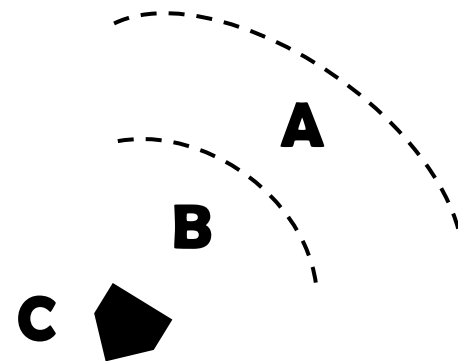
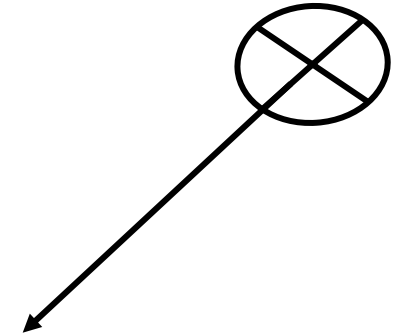
Receivers:

- * 2 feet on the base, they can't step off
- * make them see and feel good accuracy

Controlling Hops:

- * on purpose hit the different target zones
- * develop the feel of your release points

A = 2 hops
B = 1 hop
C = in the air





Fielding Ground Balls

Fundamentals:

- * field off lead foot and sit into legs
- * Same – Same (2-step transition)
- * Opposite (3-step transition)

Drill:

- * double dip reps to develop awareness
 - field same both reps
 - field opposite both reps
 - field alternating
 - regular reps



Attacking Ground Balls

Outside Foot:

- * balls to the side or back
- * push off outside foot to attack forward towards target
- * efficient and control body
 - use a base
 - hop-hop-go

Banking Around:

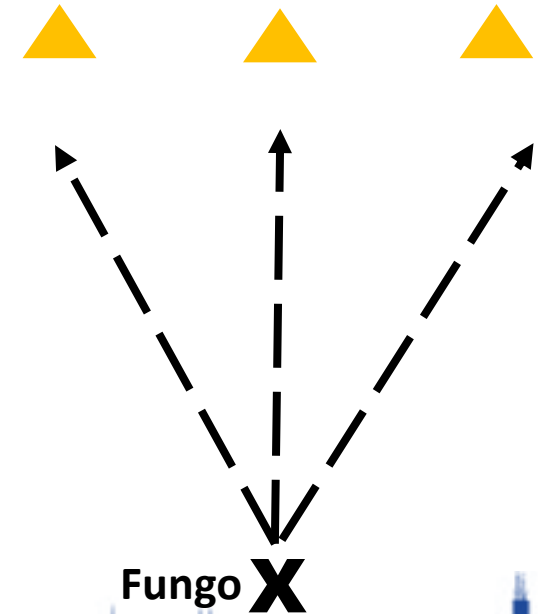
- * balls to the side or in front
- * tip inside shoulder and get as tight to ball as possible
- * keep weight moving forward
 - use cones



Attacking Ground Balls

Drills:

- * **Sprinting**
 - players start sprinting and then you hit ball
 - they never stop sprinting to field
- * **Cones**
 - field in front of cones
- * **Use a Stopwatch**
 - start on hit, stop on receiver catch
 - read the speed of the ball
- * **Championship Plays**
 - infielders on 2nd, OF has to throw them out



Getting Behind the Ball

Partner Toss:

- * focus on body angle
- * working around cones
- * hop to wait

Let It Fall:

- * Progression of catching fly balls forward
 - let it land about 5 yards in front of player
 - catch it forward off bounce while sprinting
 - catch it in the air while sprinting
 - catch it in the air and transition to throw





Wall Balls

Fundamentals:

* Fly balls

- sprint to find the fence (glove or throwing hand side)
- throwing shoulder to fence
(at least back to fence if you can't get switched)

* Ground balls

- stay square to read the hop of ball
- attack ball and approach keeping ball on throwing side
- load and throw

* Training

- partner or controlled distance
- tennis balls or indoor balls



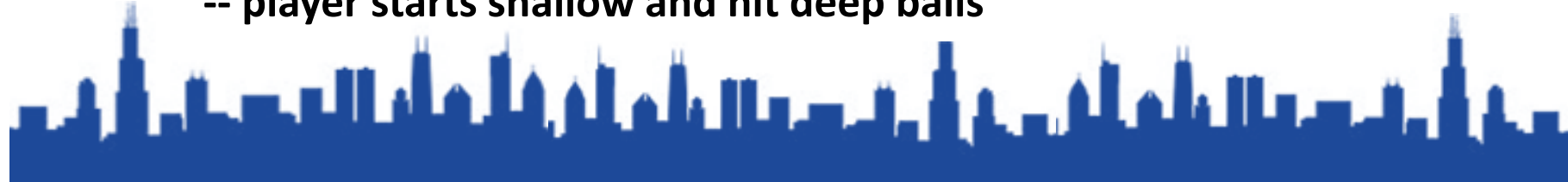
Line Drives

Stationary:

- * Run-Run-Run-Reach
- * incorporate all kinds of angles
- * they only get one step to reach

Drills:

- * quarterbacks = throw all different angles/directions
- * short controlled distance off toss
- * short distance off fungo (2nd to CF)
- * Front & Backs
 - player starts deep and hit short balls
 - player starts shallow and hit deep balls





Change of Directions

Fundamentals.....always keep same speed and same stride:

*** Hips**

- balls hit in front
- swing hips and foot open, drive arms while pumping
- control the shoulders

*** Head**

- balls hit over the head
- chin goes shoulder to shoulder, drive arms while pumping
- control the shoulders

*** Drifting (drifting WITH the ball = OK / drifting TO the ball = NEVER)**

- hard step back while tracking ball
- keep it on the same side



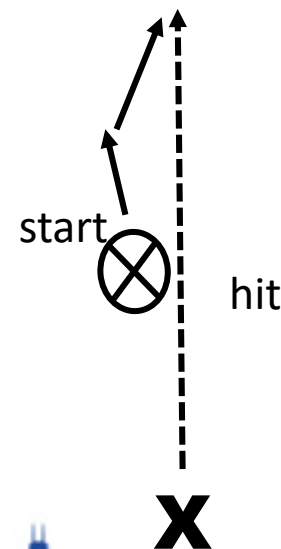
Change of Directions

Down the line:

- * sprint down the line with 3-4 changes, no ball
- * same drill flash numbers for them to say
- * same drill, eventually throw a ball to catch

Off Fungo:

- * players drop step one way
- * hit the ball on the other side
- * work to develop good reads
- * every few balls hit it the direction they start to keep honest





OF Drills

4 Corner Communication:

- * set up 2 OF cones, 2 IF cones
- * hit a ball in the middle
- * 1 round=only OF / 1 round=only IF / 1 round together



X

Decision Making:

- * runner on 2nd and at Home
- * they must decide to play on lead runner or trail runner
- * do you have a CHANCE to throw someone out



Big Plays:

- * let them pick a "Big Play" they want to make
- * then work on them making it
- * make it happen to build their confidence





QUESTIONS???

Amanda Buchholz

Assistant Coach

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DEPAUL

BLUE DEMONS

