

OUTFIELD DRILLS

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OMAHA SOFTBALL



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TOPICS OF DISCUSSION

- HOW TO PLAN YOUR OUTFIELD BREAKOUTS
- 3 DIFFERENT PHASES OF DRILL PROGRESSIONS
- TIME AT THE END FOR QUESTIONS

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HOW TO PLAN YOUR OUTFIELD SESSION

- START WITH THE BASICS
 - DROPSTEPS, QUARTERBACKS, ETC.
- HAVE YOUR DRILLS FLOW AND PROGRESS INTO WHAT'S NEXT
- BY THE TIME YOUR BREAKOUTS ARE DONE, YOU WANT YOUR OUTFIELD PREPARED FOR YOUR TEAM DEFENSIVE SESSION

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PHASE 1 DRILLS: EVERYDAYS/BASICS

OTHER DAYS

- TENNIS BALL DROP STEPS
- DOUBLE TENNIS BALL DROP STEPS
- CUBS DRILL

HEAVY CUTS/REALYS DAY

- ONE KNEE TARGET THROWING
- FENCE DRILLS
- COMMUNICATION DRILLS

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TENNIS BALL DROP STEPS

GOAL

- FOOTWORK
- BALL TRACKING
- SOFT HANDS
- GLOVE POSITIONING

EQUIPMENT

- ONE TENNIS BALL PER OUTTIE
- CONE

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DOUBLE TENNIS BALL DROP STEPS

GOAL

- FOOTWORK
- BALL TRACKING
- SOFT HANDS
- GLOVE POSITIONING

EQUIPMENT

- TWO TENNIS BALLS PER OUTTIE
- CONE

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CUBS DRILL

GOAL

- RUNNING WITH OUR GLOVE

EQUIPMENT

- SOFTBALL
- TENNIS BALLS
- CONES

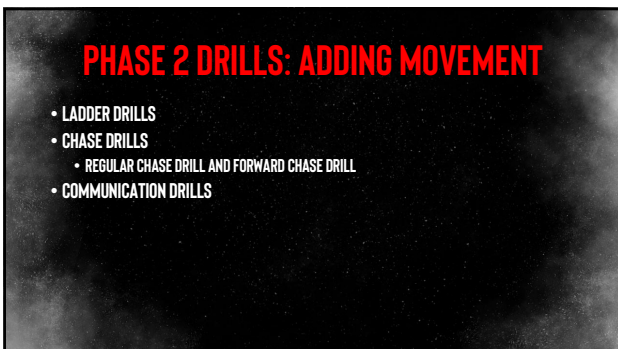
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LADDER DRILLS

GOAL	EQUIPMENT
<ul style="list-style-type: none">• QUICK FEET• FOOT WORK• OPENING UP OUR HIPS	<ul style="list-style-type: none">• LADDER• SOFTBALL

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CHASE DRILL

GOAL	EQUIPMENT
<ul style="list-style-type: none">• HIP TURNS AND HEAD FLIPS• STAYING IN LINE• RUNNING WITH THE GLOVE• APPROPRIATE REACH TIMING	<ul style="list-style-type: none">• PARTNERS• 2-3 BALLS<ul style="list-style-type: none">• DEPENDING ON HOW MANY TOSSES YOU WANT TO GO THROUGH

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FORWARD CHASE DRILL

GOAL

- GETTING THROUGH A BALL
- EYES BELOW THE BALL ON THE SLIDE
- STAYING IN LINE
- RUNNING WITH THE GLOVE
- APPROPRIATE REACH TIMING

EQUIPMENT

- PARTNERS
- 2-3 BALLS
 - DEPENDING ON HOW MANY TOSSES YOU WANT TO GO THROUGH

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PHASE 3 DRILLS: GAP DRILLS

- CLOCK DRILL
- CIRCLE OF LIFE
- GAPPERS
- GO GET ONE!

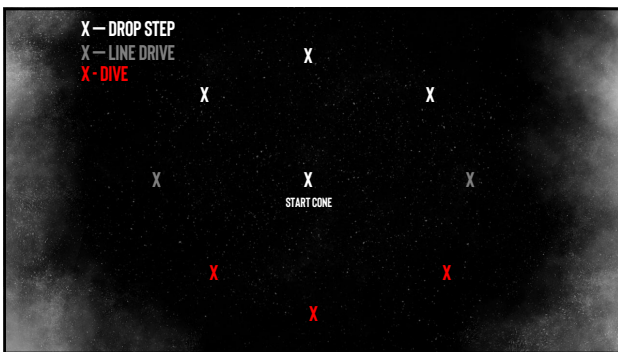
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CLOCK DRILL

GOAL	EQUIPMENT
<ul style="list-style-type: none">• WORKING ON OUR FIRST STEPS TO DIFFERENT ANGLES WE WILL TAKE TO GET A FLY BALL	<ul style="list-style-type: none">• 9 CONES<ul style="list-style-type: none">• ONE START CONE IN THE MIDDLE• 8 CONES FORMING A CLOCK SHAPE

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X — DROP STEP
X — LINE DRIVE
X — DIVE



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CIRCLE OF "LIFE"

GOAL	EQUIPMENT
<ul style="list-style-type: none">• CLOCK DRILL BUT WITH A TWIST!	<ul style="list-style-type: none">• 9 CONES<ul style="list-style-type: none">• ONE START CONE IN THE MIDDLE• 8 CONES FORMING A CLOCK SHAPE

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GAPPERS

GOAL

- WORKING ON START ANGLE
- ACCELERATION
- SPEED TO GET A BALL IN THE GAP

EQUIPMENT

- ONE BALL PER OUTTIE
- STARTING CONE

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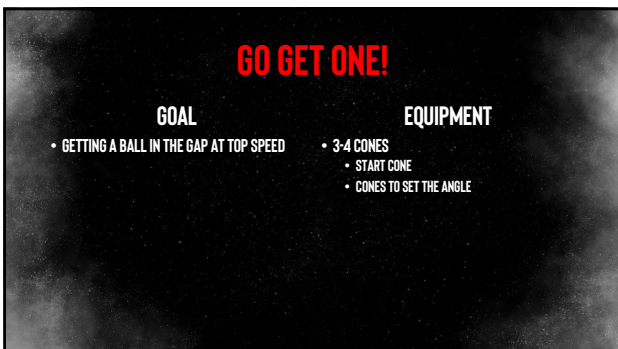
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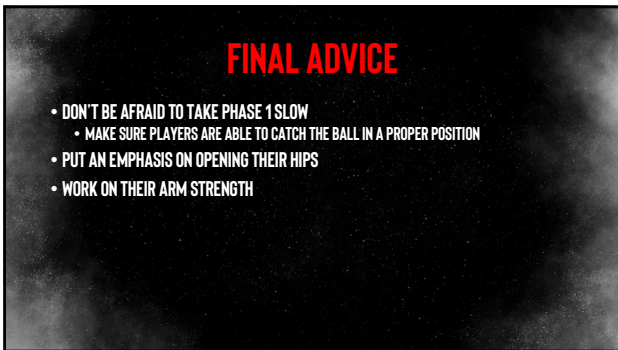
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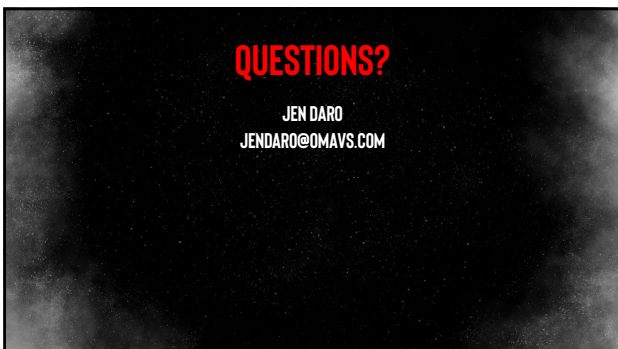
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