

## - OUTFIELD PLAY CHEAT SHEET -

Good **FIELDING TECHNIQUE** and the proper **MENTAL APPROACH** are the keys to consistent outfield play. Good **FIELDING TECHNIQUE** (angles, body position, etc.) ensure that the player is in the proper position field the ball. The proper **MENTAL APPROACH** (preparation, decision-making, hustle, etc.) allows the player to take best advantage of his **FIELDING TECHNIQUE**.

### 1. GETTING READY TO FIELD (Mental Approach...going into "game mode")

- i. **PLAN:** know the game situation...score, outs, runners, count
- ii. **PREPARE:** Know what you are going to do if the ball is hit to you **IN ADVANCE** of the pitch being thrown...also, know what you are going to do **IN ADVANCE** if the ball is hit to another player (do I back-up, etc.)
- iii. **PLAY:** EXPECT the ball to be hit to you, WANT the ball to be hit to you

### 2. BEFORE THE PITCH (Fielding Technique..."Ready" Position)

- i. **READY POSITION:** On your toes, knees / hips slightly bent, head up, arms hanging
- ii. **EYES:** In hitting area (on catcher's mitt)
- iii. **PRE-PITCH MOVEMENT:** dangle arms, rock...anything to keep you "loose"

### 3. FIELDING BASE HITS (Put it all together)

- i. **GETTING TO THE BALL:** CHARGE the ball, DON'T WAIT for it to get to you.
- ii. **POSITIONING TO THE BALL:** Approach the ball from your glove-side foot (i.e. get on right side of ball), moving toward the target (cut-off man in most cases)
- iii. **FIELDING THE BALL:** Glove in front of body, field it inside glove-side foot
- iv. **THROWING:** Get it to the cut-off man ASAP...fast release beats strong throw!

### 4. FIELDING FLY BALLS (Put it all together)

- i. **GETTING TO THE BALL:** 1<sup>st</sup> step is always back, then run to a spot a few feet behind where you think the ball will land (don't glide)
- ii. **POSITIONING TO THE BALL:** Because you are **BEHIND THE BALL**, you can catch it while moving toward the throwing target (cut-off man in most cases)
- iii. **CATCHING THE BALL:** Glove in front of body, even with brim of cap, off throwing shoulder (in this position, glove can also shield sun) ...use two hands!
- iv. **THROWING:** Get it to the cut-off man ASAP...fast release beats strong throw!

### 5. DRILLS

- i. **CUTOFF DRILL:** Hit five base hits to outfielder very fast and have him come up throwing to base or cut-off man (enforces immediate return of ball to infield and expected position of cut off man)
- ii. **GAP DRILL:** Hit fly ball and base hits into gaps only (enforces using angles to cut off gaps and communication between outfielders)

**MOST IMPORTANTLY**, have a **SHORT MEMORY!** Forget about bad throws, errors, etc., because you can't change 'em...make the next play, or get a hit next time you're up!