



## OUTFIELD DRILLS



This one allows you to work on correctly positioning and readying your body to make a perfect throw from the outfield to the infield after making a catch. Gently throw the baseball into the air and get behind the ball as you would in an actual game. Catch the ball and then work on transitioning to your throwing position. As you do this, pay attention to where your arms and hands are. Make sure they are up by your chest and close to your body so you will have a quick, efficient throwing motion. Also pay attention to your feet, making sure that they are pointing in the direction that you want to throw. Use cones to mark where you want your feet to be with each repetition.

# BASEBALL & SOFTBALL DRILLS & SKILLS

