



Form Packages for Fundamental Development

OUTFIELDERS:

1. Catch
 - a. to 1-hop max – if playing long toss
 - b. to no-hop max – if just getting loose
- *BALL IS NEVER MORE THAN 7 feet OFF THE GROUND***
2. As you shorten up:
 - a. Long hops
 - b. Ground balls with no throw
 - c. Ground balls with throw
 - d. Fly balls
 3. Ground ball glove work – no footwork
 - a. Fielding to make throw
 4. Drop step shadow work (PRACTICES ONLY)
 - a. Dropstep only
 - i. Arms in opposition & eyes on the coach
 - b. Dropstep – to three steps
 - i. Focus on hard acceleration
 - c. Dropstep – to ten steps w/catch on the run and footwork to throw
 - d. Dropstep – to ten steps and outside turn
 - i. Work on clean footwork; have players working side-by-side so they stay in their own lanes
 - e. Dropstep – to ten steps and inside turn
 - i. Clean footwork and good strong arm movements
 5. Quarterback drills
 - a. Running catch
 - i. Get feet under before throw
 - b. Outside turn
 - i. Coach throws ball to opposite side that athlete drop stepped; ball needs to be thrown high
 - c. Inside turn
 - i. Simulate line drive with ball on opposite side to where the athlete drop stepped



- d. Get through
 - i. Coach under throws player so they can work on getting stopped and sprinting through catch to make throw
- 6. Triangle work (PRACTICE ONLY)
 - a. Attacking ground balls and turning corners
 - i. Encourage players to attack ball aggressively and make sharp corners
 - ii. Footwork and fielding position is critical
 - b. Outside turn
 - i. Ball is fielded on the run going to the glove side
 - ii. Footwork allows player to turn to the outside of the diamond before making throw
 - iii. Example: right fielder fielding a ball down the right field foul line and making a throw to 2nd base