

## Fly Ball Drill

For this drill you will need 2 coaches.

I like to split the kids up into (2) even groups.

This drill is very similar to throwing a football to a player that is running out for a pass.

On the coach's command: The player will take off in a full sprint.

Once the player has sprinted approximately 10-15 yards (depending on skill and age) the coach will throw a high fly ball, and the outfielder who is sprinting must try to get under the ball in order to make the catch on the run.

Once players get comfortable with the drill and make several catches you can increase the difficulty by throwing the ball further in order to make outfielders run harder and possibly make a diving catch.

With 2 lines...one coach will be throwing to the kids back hand...the other coach will be throwing to forehand.

Have the kids rotate lines so they can practice both catches.

Halfway through this drill I like to use one line to practice the "DROP STEP" drill.

Instead of having the kids start right beside the coach...have the kids stand about 15 feet away.....facing the coach.....the coach will throw the ball to the players left or right approximately 10 to 15 feet over their head. The player uses the drop step and cross over in order to turn his body and sprint in the direction to where the coach has thrown the ball.

After catching ball from this line...kids will get in the back of the next line.

