

Aquinas Outfield – Making the Last Defense the Best Defense

AQ Key Principles:

- Be aggressive on fly balls, get to the spot and do not drift
- Make the catch – two hands or not two hands?
- Attack the ball on the ground
- Throw out runners – proper positioning as you receive the ball
- Communicate with each other and the infielders

Practice/Application:

- Drop Step/Cross-Over Step Warm-Up Drill with tennis ball drop – explosive first steps and concentration on catching – **Play Video**
- Outfields – agility ladder warm-up with ball toss on final square push-out
- Outfield pick ups – working on staying down with the ball – **Play Video**
- Cone Drills
 - Foot/Body/Glove work w/o ball first – Get a “jump” on the ball
 - Two line drill – One knee, thru rollers, thru choppers – **Play Video**
 - Four cone drill – drop step drills – emphasize route, get behind the ball. (conditioning)
 - Rollers both ways – **Play Video**
 - Side pop ups – **Play Video**
 - Drop and go’s both ways – **Play Video**
 - Shoe strings high/low – **Play Video**
 - Drop and go and switch sides – **Play Video**
- Long Throws
 - Key is to get arm stretched out – No line drives
- Grounders
 - One knee, thru rollers, thru choppers, side grounders – great routes
 - Use Machine for ground balls for more reps if can’t fungo
- Fly Balls
 - Straight on – Get behind the ball, approach, catch, crow hop, throw all in one motion
 - Side to sides – great “jumps”, don’t cheat!
 - Hi – Lo drill
 - Fence Drill
 - Use Machine for fly balls for more reps if can’t fungo
- Communication Drills
 - Middle ball communication/backup – Ball reaches max height rule
- Combine with Infield Work
 - Throwing to cuts and bases, all situations. Low throws to bases, one hops to catcher better than too high.

Saints Outfield – Other Points of Emphasis

- Pitch calls and counts - positioning
- Lead runner focus
- Maintain force focus
- Backing up
- Run-downs (pickles)
- (Limit) throwing behind runners; knowing proper times to execute on out guarantees only