

Fun Outfield Drills

Lite Flite Elimination

Age Appropriate

Grouping 1, all ages

Objective

To develop the proper technique for catching fly balls in a fun, competitive setting

Setup

Soft or sponge rubber balls, pitching machine (optional), coach to throw fly balls or to feed machine

Execution

Use soft or sponge rubber balls. Each player is thrown a fly ball (or fed a fly ball through a pitching machine). Younger players can use their gloves. Balls are so light that players have to catch the ball with two hands over the head. Older players and more advanced younger players can use bare hands. If players catch the ball, they stay in, but if they miss, they're out of the drill. This competition can also be done using the pass-pattern drill that follows or with real baseballs (when appropriate). When not using gloves, players should attempt to catch the ball with the glove hand only over the head. This makes them focus on proper hand positioning and watching the ball into the hand.



Coaching Keys

Players who miss fly balls regularly usually aren't using proper technique and are likely taking their eyes off the ball. Make sure they catch the ball above their heads so that they can watch the ball travel all the way into the glove or hand.