

## Fun Outfield Drills

### Pass Patterns

#### Age Appropriate

Grouping 1, all ages

#### Objective

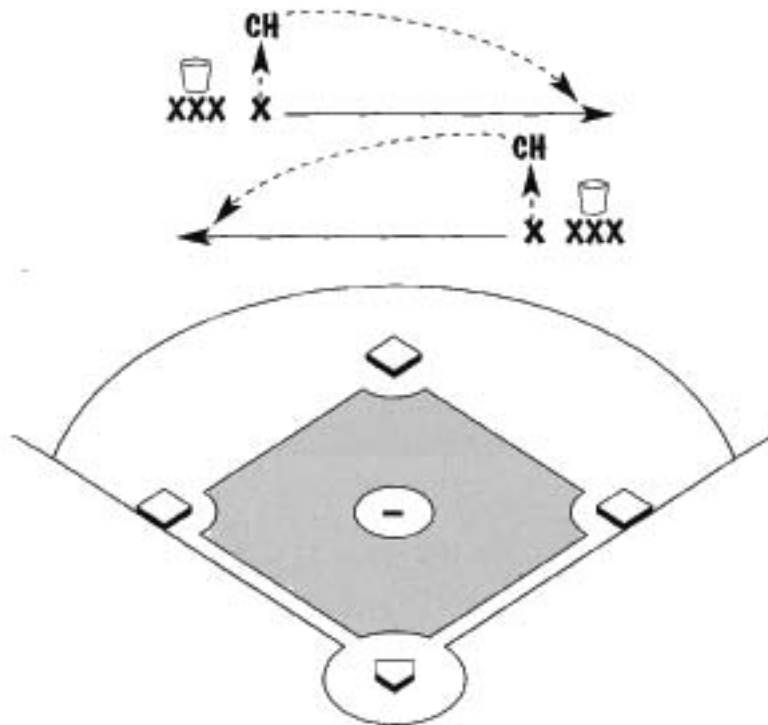
To develop proper crossover steps and drop steps and learn to catch fly balls on the run

#### Setup

A bucket of balls, a coach to throw "passes"

#### Execution

A coach or player (this can be long toss for pitchers) serves as quarterback. The fielding player tosses the ball to the quarterback and then uses a crossover or drop step in the appropriate direction before running a "pass pattern." The quarterback throws the ball high enough for the "receiver" to run under the ball and make a one-handed, over-the-shoulder catch. Have the player start over if the initial step is not executed correctly.





*(continued)*

## Pass Patterns *(continued)*



### **Coaching Keys**

The crossover step is the most efficient method of moving laterally on a baseball field. The crossover should be used by baserunners, infielders, and outfielders. To execute the step, a player pivots the foot nearest to where the ball is traveling while at the same time crossing the other foot over the first foot in the direction of the ball. If players are picking up the foot nearest the ball first and then crossing over, stop them immediately without throwing the pass and start over.

The drop step is a combination of a step back toward a ball hit over a player's head followed by a crossover in the direction of the ball. Again, stop the drill immediately and begin again if a player does not execute the initial step properly.