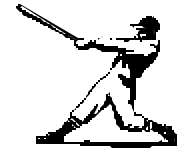




# West Linn Lion Baseball

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## Outfield Drills

### **Emphasize Communication in all Drills!**

Ball! Ball! Ball!

Clear out!

Always center on the ball – momentum towards target

### **1) Throwing Progression**

- One knee
- Shoulders
- Balance
- Power step
- Long toss

### **2) Dry Drills – 4x each**

- Drop step left
- Drop step right
- Snap the head/opposite shoulder left
- Snap the head/opposite shoulder right
- Glove knee up-center ball on chest
- Do or die: field ball off of glove toe; see the ball into your glove

### **3) Bucket Drills – 4x each**

- Drop steps left/right
- Snap the head opposite shoulder left/right
- Glove knee up, hard grounders
- Do or die: field ball off of glove toe; see the ball into your glove