

**GLENBROOK NORTH
HIGH SCHOOL BASEBALL PROGRAM**

Outfield System



GBN BASEBALL 2016

ALL WORK – KNOW PLAY – THE RIGHT WAY



OUTFIELD PLAY – THE SPARTAN WAY

OUTFIELDER ABSOLUTES

ABSOLUTES FOR ALL OUTFIELDERS AT ALL TIMES

1. PREP STEP AND DROP STEP ON ALL PITCHES

- A. Mentally prepare prior to every pitch
- B. Win the 15 seconds between pitches
- C. Defend the batted ball over your head

2. COMMUNICATE ON ALL BATTED BALLS

- A. Every batted ball is “called” properly
- B. “MINE MINE MINE” / “TAKE IT” / “REACH”
- C. Understand our fly ball priority system

3. THROW THROUGH ALL CUT-OFF MEN

- A. Keep every throw on line with your intended target
- B. Follow every throw with your feet to maintain momentum
- C. It is okay to miss short, but never long

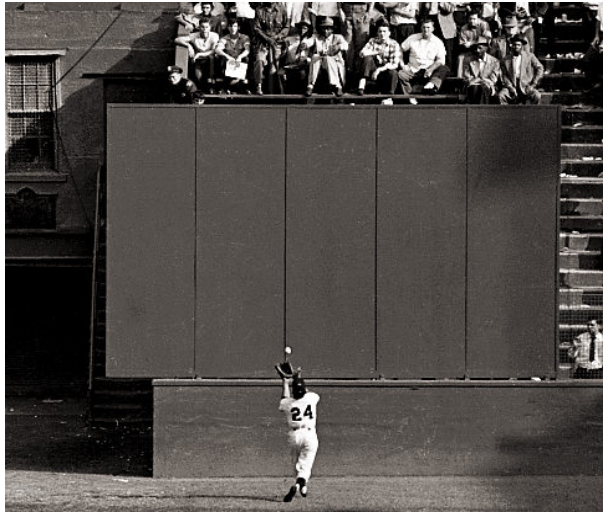
4. BACK-UP THE BALL OR A BASE ON ALL PLAYS

- A. Every outfielder has a responsibility on every play
- B. Near outfielder will back-up the ball
- C. Far outfielder will back-up a base



OUTFIELD PLAY – THE SPARTAN WAY

OUTFIELDER FUNDAMENTALS



I. Characteristics and Qualities of an Outfielder

- A. Athletic (be able to cover ground while maintaining full body control)
- B. Sure hands (all fly balls are outs – baseball is a game of catch)
- C. Anticipation (leads to great jumps)
- D. Courage (line of last defense – no one has your back mentality)
- E. Resilient (handle adverse conditions – wind, sun, and playing surface)
- F. Extraordinary effort (back-up bases and fielders – there is always somewhere to be)
- G. Confidence (want every ball hit to you – every ground ball and fly ball belongs to you)
- H. Communicate (take charge and leave no doubt who will make the play)

II. Pre-Pitch Thoughts

- A. Receive the pitch being called from middle infielders
 - 1. fist = fastball
 - 2. open hand = off-speed
- B. Want and expect every batted ball to be hit to you

- C. Be aware of the weather and field conditions
 - 1. wind
 - 2. sun / high sky / low sky
 - 3. wet / soft / slow
 - 4. dry / hard / fast

- D. Mentally review your assignments according to the situation
 - 1. outs
 - 2. batter
 - 3. baserunner(s)
 - 4. ground balls
 - 5. line drives
 - 6. fly balls
 - 7. base hits
 - 8. extra-base hits

- E. Take a deep breathe through your nose, hold it, and exhale through your mouth

III. Prep Steps

- A. Eyes on the pitcher until he nears his release point

- B. Eyes then move to the contact area
 - 1. do not follow the flight path of the baseball
 - 2. eyes soft focus on the home plate region
 - 3. eyes then fine focus on contact

- C. Prep steps
 - 1. right / left
 - 2. left / right
 - 3. right / hop
 - 4. left / hop

- D. Proper position
 - 1. square to home plate
 - 2. feet are parallel (ten toes) and shoulder-width apart
 - 3. weight is on the balls of your feet and evenly distributed
 - 4. knees are slightly flexed
 - 5. shoulders are upright
 - 6. body is vertically stacked (shoulders over the knees over the toes)
 - 7. keep your feet underneath your body (stay on top of your legs)
 - 8. finish with your elbows at ninety degree angles and thumbs up

- F. Anticipate the direction of the contact
 - 1. the type of pitch
 - 2. location of the pitch
 - 3. timing of the swing

- G. Quickly drop-step in the direction of the contact or swing
 - 1. T-step
 - 2. open up hip

3. type of contact
 - i. fair ball
 - ii. foul ball
 - iii. swing with no contact

IV. Reading Ground Balls

- A. The speed of the baseball dictates the amount of time an outfielder has to set his angle of pursuit.
- B. The speed of the baseball dictates the proper angle of pursuit
 1. the faster the baseball – the deeper the angle of pursuit
 2. the slower the baseball – the shallower the angle of pursuit
- C. The speed and initial trajectory of the baseball both play a role in the outfielder creating an optimal hop.
- D. Successfully fielding a ground ball is dictated by the outfielder's ability to get his feet into the proper position.

V. Approach to a Ground Ball (Fielding)

- A. Take the proper angle to the baseball
 1. get around the baseball (eliminate extra bases)
 2. stay behind the baseball (maximize surface area)
- B. Slowly descend to field the baseball (similar to an airplane landing)
- C. Fielding sequence
 1. right foot
 2. left foot (V-step)
 3. hands extend in front of feet
 4. fielding triangle is formed
- D. Feet are parallel and wider than shoulder-width apart
- E. Weight is on the balls of your feet
- F. Glove-side foot is slightly staggered back (toe to in-step relationship)
- G. Shoulders stay square to the baseball
- H. Head is up and eyes are on the baseball
- I. Bend at the knees and drop your hips and butt (not lower back)
- J. Thighs are parallel to the ground
- K. Have a forward lean to obtain a semi-flat back
- L. Create the fielding triangle

1. glove hand extended in front of feet (keep bend in elbow)
 2. relaxed elbow and wrist create the proper glove angle (everyone has soft hands)
 3. glove is aligned off of your glove side eye (inside of glove-side knee)
- M. Throwing hand closes from the top down

VI. Approach to a Ground Ball (Throwing)

- A. Field the ground ball in the direction of the intended throwing target
- B. Attack the baseball (cut down the distance to the throwing target)
- C. Keep your eyes on the baseball the entire play (do not watch the baserunner)
- D. As the baseball gets closer, your stride gets shorter (break down)
- E. Fingers point down to the ground in order to field the baseball
- F. The position of the glove-side foot will dictate glove alignment
 1. glove-side foot forward – glove outside of leg
 - a. quicker (two steps)
 - b. riskier
 2. glove-side foot back – glove in front of leg
 - a. slower (three steps)
 - b. safer

VII. Throwing the Baseball (Ground Ball)

- A. Execute a quick transfer from your glove hand to your bare hand
 1. minimize time from catch to release
- B. After the transfer has taken place gradually ascend to make the throw (similar to an airplane taking off)
- C. Crow hop in order to create maximum positive momentum
 1. right-handed thrower – hop right / stride left / throw
 2. left-handed thrower – hop left / stride right / throw
- D. Close your front shoulder towards your target
- E. Obtain a proper grip on the baseball (4-seam grip)
- F. Create a full circular arc with your throwing arm
- G. Eyes focus on target through guide (see the base through the cut-off man)
- H. Maintain a strong front side (glove up)
- I. Run through your throw (nose to leather)

VIII. Reading Fly Balls

- A. The timing of the swing, sound at the point of contact, and initial flight trajectory will dictate the depth of the fly ball.
- B. Successfully fielding a fly ball is dictated by the outfielder's ability to get his feet into the proper position.

IX. Approach to a Fly Ball (Fielding)

- A. Take the proper angle to the baseball
 - 1. sprint to get camped under every fly ball that is hit (never drift to the ball)
 - 2. run on the front half of your feet (balls of your feet)
 - 3. get behind the baseball and stay behind the baseball
- B. Proper fielding position
 - 1. glove-foot forward
 - 2. throwing-foot back
 - 3. hips square to the flight path of the baseball
 - 4. glove positioned on glove-side half of body
 - a. elbow down
 - b. fingers up
 - c. glove above eyes
 - d. glove under baseball
 - 5. vertically stacked (tall body posture)
- C. Use two hands to secure the catch (hand closes in from the front)
- D. Pause on the catch (eliminate all unnecessary movement)
- E. Making a catch on the run
 - 1. sprint, sprint, sprint (never attempt to time up the catch)
 - 2. approach to a ball that may be out of reach
 - a. take eyes off of the baseball
 - b. sprint to a spot
 - c. relocate the baseball
 - 3. use one hand when making a catch on the run
 - 4. run through the point at which the catch was made

X. Approach to a Fly Ball (Throwing)

- A. Catch the fly ball in the direction of the intended throwing target
- B. Keep your eyes on the baseball the entire play (do not watch the baserunner)
- C. As you approach the baseball, your stride shortens (time up your feet)
- D. Run through the catch (create positive momentum)

- E. Catch Sequence
 - 1. glove-foot forward
 - 2. throwing-foot back
 - 3. hips square to the flight path of the baseball
 - 4. glove positioned on throwing-side half of body
 - a. elbow down
 - b. fingers up
 - c. glove above eyes
 - d. glove under baseball
 - 5. vertically stacked (tall body posture)
- F. Transfer the baseball using a quarter turn of the glove
- F. Throw Sequence
 - 1. crow hop for right-handed thrower – hop right / stride left / throw
 - 2. crow hop for left-handed thrower – hop left / stride right / throw
 - 3. full arm circle – ball in hand drops straight down
 - 4. run through your throw (nose to leather)

XI. Cut-offs and Relays

- A. Cut-off man
 - 1. the player aligned with the base to which the outfielder is throwing the baseball
 - 2. the outfielder has the ability to make the throw to the base on his own
 - 3. the cut-off man may cut-off all throws that are off-target or late
 - 4. the cut-off man may cut-off the throw and throw to another base
 - 5. outfielder may only be short when throwing through a cut-off man
- B. Relay man
 - 1. the player(s) aligned with the base to which the outfielder is throwing the baseball
 - 2. the outfielder does not possess the ability to make the throw to the base on his own
 - 3. the relay man must relay all throws that are off-target
 - 4. the relay man may relay the baseball to a different base than the one to which he was originally aligned

XII. Playing Balls at the Outfield Fence

- A. Play the fence on a hanging fly ball
 - 1. approach the outfield fence under control
 - 2. it is okay to take your eyes off of the baseball
 - 3. feel for the outfield fence
 - 4. play deep to shallow
- B. Play the baseball on a driven fly ball
 - 1. know the width of the warning track (count the steps)
 - 2. feel for the outfield fence when a teammate yells "REACH"
 - 3. keep your eyes on the baseball
 - 4. attempt to get back as quickly as possible

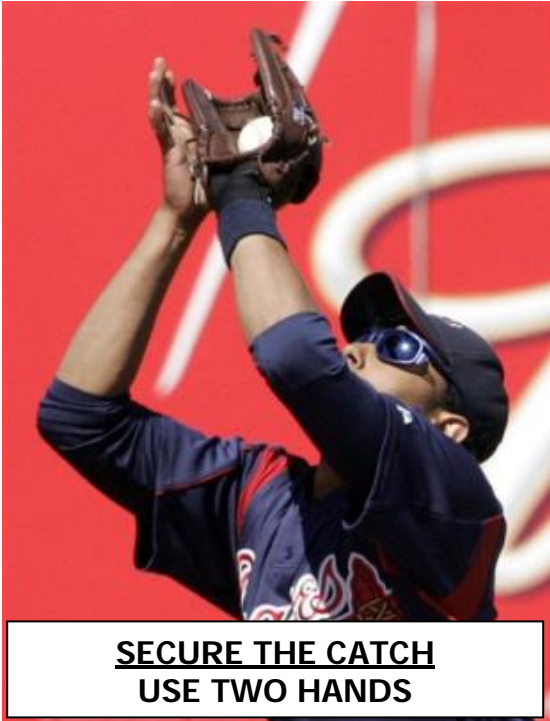
- C. Retrieving a ball on the ground
 - 1. nose over the baseball
 - 2. position your feet on each side of the baseball
 - 3. approach the baseball from the top down
 - 4. pick-up the baseball in your fingers
 - 5. throw to the relay man as quickly as possible (eliminate wasted movement)

XIII. Backing-Up Bases and Fielders

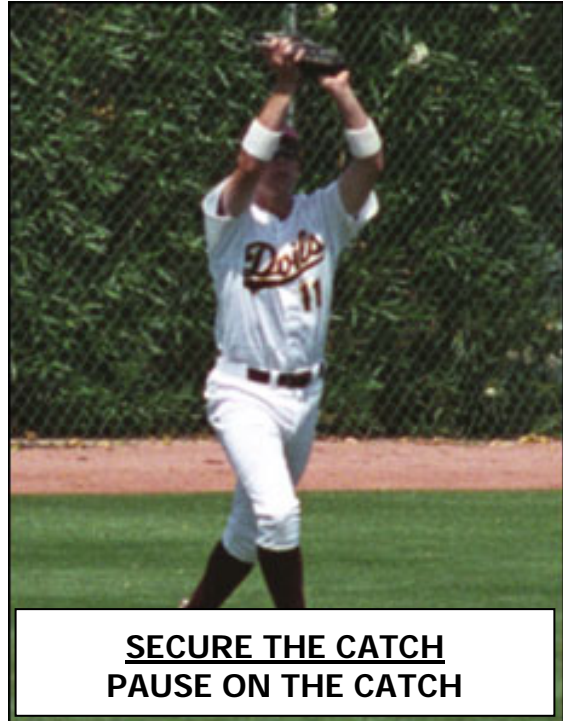
- A. Back-up every outfielder who is positioned next to you when a fly ball is hit to him
- B. Back-up every infielder who is positioned in front of you when a ground ball is hit to him
- C. Back-up the appropriate base when a batted ball is not hit to a player positioned next to you or in front of you.
- D. Back-up the appropriate base or fielder when the baseball is thrown in an attempt to record an out.
- E. Every outfielder has a place to be on every play. There will never be a case when an outfielder will be expected to or allowed to do nothing.



OUTFIELDER – PROPER POSITION



SECURE THE CATCH
USE TWO HANDS



SECURE THE CATCH
PAUSE ON THE CATCH



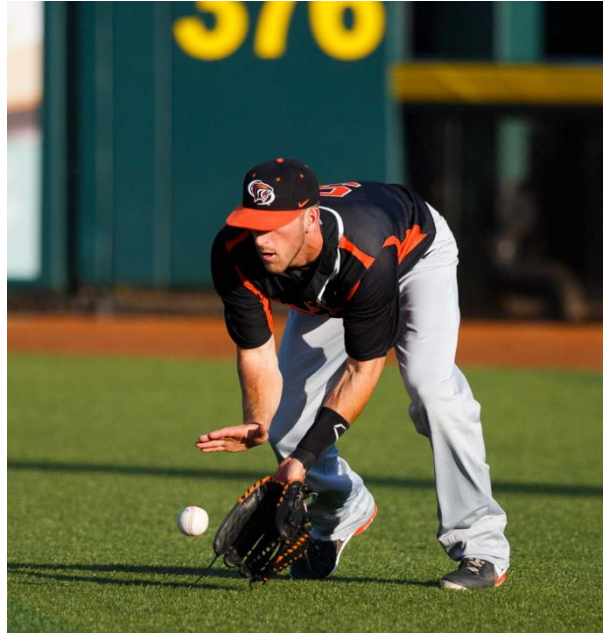
LINEAR ALIGNMENT
EYES – GLOVE – BASEBALL



GLOVE POSITION
ELBOW DOWN
FINGERS UP
GLOVE-SIDE



OUTFIELDER – GROUND BALLS





OUTFIELDER – GROUND BALLS





OUTFIELDER – ON THE RUN





MENTAL PREPARATION – THE SPARTAN WAY

OUTFIELDER PRE-PITCH ROUTINE

Prior to each pitch during an at-bat, all successful outfielders perform a routine to prepare themselves for the next pitch. This routine allows the fielder to focus and concentrate on what is truly necessary. This routine not only offers mental and physical benefits, it also offers emotional and physiological benefits as well. This is what outfielders call upon in situations in which execution is essential. **Successful outfielders utilize their personal routine prior to every pitch. All successful outfield pre-pitch routines include a DEEP BREATH.**



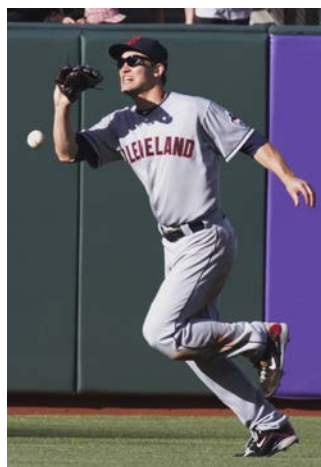
WHAT IS YOUR ROUTINE?



MENTAL PREPARATION – THE SPARTAN WAY

OUTFIELD ERRORS

Defensive errors are going to occur in the game of baseball. Some errors are directly related to throwing while other errors are directly related to fielding. When an error occurs (and they will occur), the most important thing is how we respond to the situation. Having a prepared confident response gives us the greatest chance to be successful on future chances by allowing ourselves to play in the now. Being able to let go of the past and play in the current moment is a skill that must be acquired in order to play at the highest level.



Confident Response to an Outfield Error

1. Take off your glove and place it in your throwing hand (in control / let it go).
2. **POSITIVE** (self-talk / focal point)
3. **FOCUS** (situation / signs)
4. **RELAX** (breathe deep)

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Defensive Positioning



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ALL WORK – KNOW PLAY – THE RIGHT WAY



TEAM DEFENSE – THE SPARTAN WAY

DEFENSIVE POSITIONING

Defensive positioning will be used with every new hitter and is designed to place our defense to properly execute the demands of our team defensive philosophy. A combination of scouting information and a positioning scheme will be used to cover the highest percentage of necessary fair ground on the field of play. You will learn how to play a zone defense. The goal in the game of baseball is to cover as much fair territory as possible. Most baseballs that are put in play go towards the middle of the field. It is imperative to understand the importance of defending the middle of the field so that the foul lines are not overplayed. The ultimate goal is to have a defensive player in the area where the baseball is hit. The key point is that we need only one player to be in that area and we need to only defend against the fair ball. Proper spacing is extremely important in order to maximize our fair ball coverage. All nine defenders need to execute their responsibilities within their respective zones. It is extremely important for all nine defenders to understand that every defender has a responsibility to execute on every baseball put in play.

All defensive players are required to pick up their appropriate coach with their eyes as each batter prepares to enter the dirt surrounding home plate for his at-bat. The coach who is responsible for positioning the outfielders will use a towel to relay the appropriate signs. This will eliminate any confusion when the infielders and the outfielders are receiving signs from different coaches at the same time. A defensive positioning scheme will be signaled after the following factors are considered:

- The inning.
- The score of the game.
- The number of outs in the inning.
- The type of pitcher on the mound.
- The velocity of the pitcher on the mound.
- The control of the pitcher on the mound.
- The pitch count on the batter at home plate.
- The tendencies of the batter at home plate.
- The power of the batter at home plate.
- The speed of the batter at home plate.
- The bases that are occupied by baserunners.
- The speed of the lead baserunner.
- The speed of the trailing baserunner(s).
- The range of our defensive players.
- The arm strength of our defensive players.

- The conditions of the field (dry or wet, slow or fast).
- The weather conditions (sun, wind, rain, snow, temperature).
- The offensive tendencies of the opposing coach in past situations.

As you receive defensive positioning signals from the appropriate coach, keep in mind the three different concepts and the situation within which you are playing:

Alignment

This concept refers to the positioning of the defenders in relation to the bases for infielders and the foul lines for outfielders. The movement to reach these desired positions is lateral.

Depth

This concept refers to the positioning of the defenders in relation to their respective distances from home plate for infielders and outfielders. The movement to reach these desired positions is forward or backward.

Adjustment

This concept refers to the special type of positioning required for specific situations.



TEAM DEFENSE – THE SPARTAN WAY

OUTFIELD POSITIONING

Outfield Positioning

It is extremely important for all outfielders to be aware of the situation within which they are playing. If a batted baseball were to travel by you or over your head, you will be provided with very little help in that particular situation. You are the last line of defense. It is extremely important to pick up your appropriate coach who will position you within the defensive scheme. The outfield coach who is positioning you will use a towel to relay the appropriate signs. Make sure that you know the weaknesses and strengths of all alignments, depths, and adjustments.

Outfield Alignments

Straight 8

This is the standard alignment that will be used to position outfielders. All other alignments will be based upon this alignment. The standard alignment positions the left fielder in a straight line traveling through the first base line and the back of the pitching mound. It positions the center fielder in a straight line traveling through home plate, the pitching mound, and second base. This alignment positions the right fielder in a straight line traveling through the third base line and the back of the pitching mound.

Shade 7.5

All outfielders will move 5-6 steps towards the left field foul line.

Shade 8.5

All outfielders will move 5-6 steps towards the right field foul line.

Shift 7

All outfielders will move 10-12 steps towards the left field foul line. The right fielder should position himself in a straight line traveling through third base and second base.

Shift 9

All outfielders will move 10-12 steps towards the right field foul line. The left fielder should position himself in a straight line traveling through first base and second base.

Pinch 8

This alignment is used to cover the middle of the baseball field. Each outfielder should be aware that the weakness of this alignment is toward both foul line. The left fielder will position himself in an outfield alignment of Shift 9. The center fielder will position himself in an outfield alignment of Straight 8. The right fielder will position himself in an outfield alignment of Shift 7.

Non Verbal Outfield Alignments Signs

Straight 8

Both arms are pointing upward directly over the head.

Shade 7.5

Left arm is pointing upwards and the right hand is pointing to the left elbow.

Shade 8.5

Right arm is pointing upwards and the left hand is pointing to the right elbow.

Shift 7

Left arm is pointing upwards.

Shift 9

Right arm is pointing upwards.

Pinch 8

Both arms are pointing upward over the head and both hands are held together.

Outfield Depths

In

The outfielder will move 4-5 steps closer to home plate.

Back

The outfielder will move 4-5 steps further from home plate.

Shallow

The outfielder will move 8-10 steps closer to home plate.

Deep

The outfielder will move 8-10 steps further from home plate.

Non Verbal Outfield Depths Signs

In

One hand points down at the ground.

Back

One hand is waved behind the head.

Shallow

Both hands point down towards the ground.

Deep

Both hands are waved behind the head.

Outfield Adjustments

Right Handed Hitter

All outfielders should move two steps to their right from their original position.

Left Handed Hitter

All outfielders should move two steps to their left from their original position.

Pitch Count

When a strike is thrown, all outfielders should take one step towards the opposite side of the batter and one step towards home plate. When a ball is thrown, all outfielders should take one step towards the pull side of the batter and one step further from home plate.

Two Outs

With two outs, all outfielders should move 2-3 steps further from home plate to eliminate the possibility of an extra base hit which would place a baserunner in scoring position.

Game Winning Run On Third Base With Less Than Two Outs

All outfielders must position themselves at a depth at which they will be able to make a throw to home plate in an attempt to retire the possible game winning run on a fly ball. This depth is shallower than the normal depth.

No Doubles

All outfielders must position themselves deep enough to keep every ball in front of them in order to prevent all extra base hits and keep the batter off of second base. No dives are allowed in this defense.

Non Verbal Outfield Adjustments Signs

Right Handed Hitter

No sign is necessary; the adjustment is automatic.

Left Handed Hitter

No sign is necessary; the adjustment is automatic.

Pitch Count

No sign is necessary; the adjustment is automatic.

Two Outs

No sign is necessary; the adjustment is automatic.

Game Winning Run On Third Base With Less Than Two Outs

The left arm and hand will point to the baserunner on third base while the right hand points to each outfielder followed by the right arm and hand pointing to the ground.

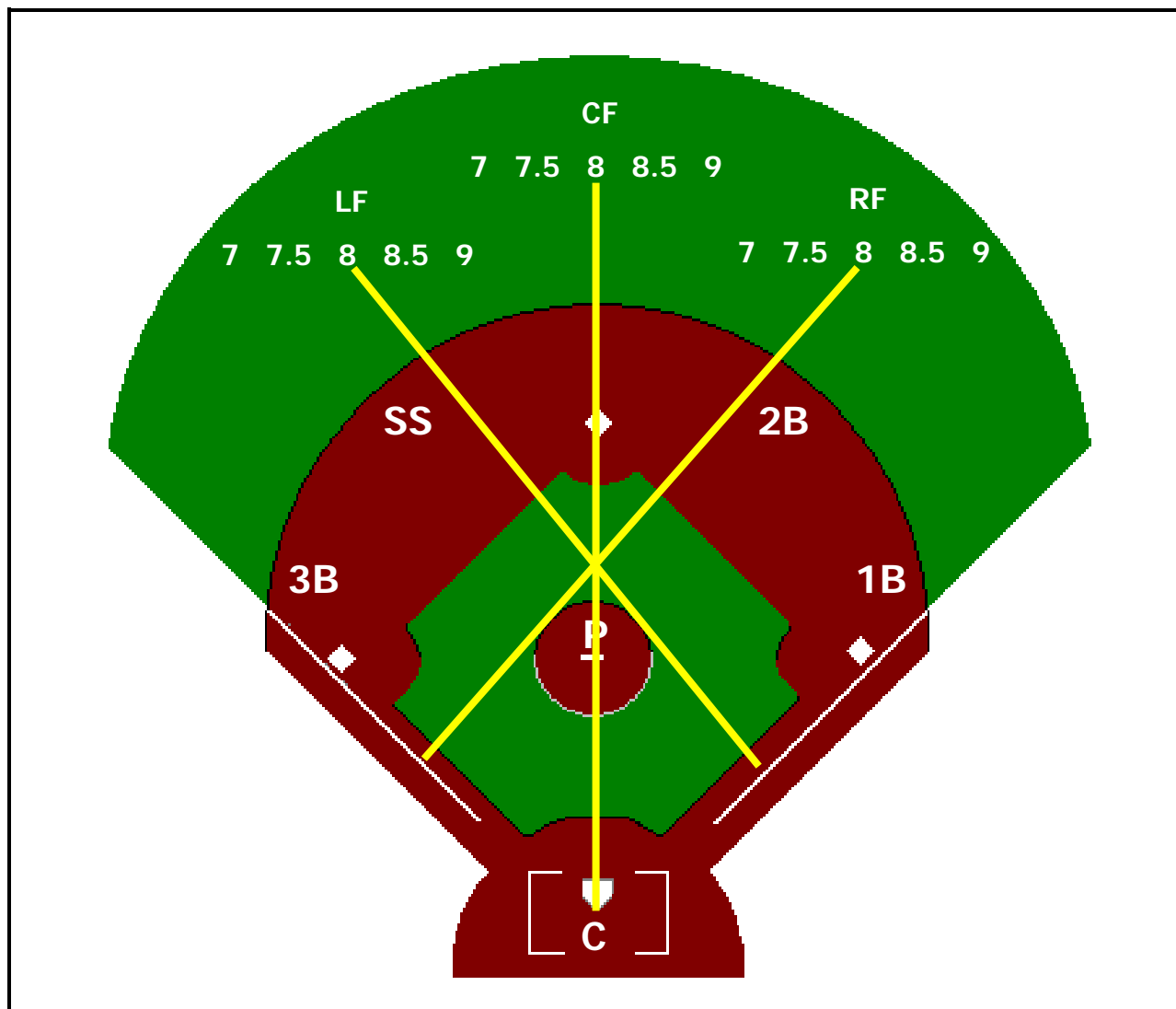
No Doubles

Both hands will be waved directly in front of the face (this serves as a reminder to keep every batted ball in front of every outfielder).



OUTFIELD PLAY – THE SPARTAN WAY

OUTFIELD POSITIONING



Every outfielder must look into the dugout in between every pitch.

**GLENBROOK NORTH
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Fly Ball Defense



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ALL WORK – KNOW PLAY – THE RIGHT WAY



FLY BALL DEFENSE – THE SPARTAN WAY

COMMUNICATION

There are specific communication techniques used by fielders when catching fly balls. The way in which a fielder will communicate his intention of catching a fly ball is by using the command, "MINE, MINE, MINE." This command is standard for the entire team. It is stated very loud so that every fielder involved in the play can hear it with no difficulty. There should not only be a command by the fielder who wishes to catch the baseball, but a reply by all other fielders in the area confirming his intent to make the play. The confirmation is, "TAKE IT," followed by the first name of the fielder making the catch.

General Rules

1. Never drift to a fly ball. Once a baseball is hit in the air, all fielders that have a chance of making the catch must sprint to the baseball. The fielder who is going to catch the fly ball should position himself so that he is under control and in the proper fielding position.
2. While sprinting to a fly ball, all fielders should run on the balls of their feet. This eliminates the appearance of a "bouncing" baseball that occurs when a fielder runs on his heels.
3. A fielder should call for the fly ball when it begins its downward flight. This will give all fielders in the area a chance to sprint to the baseball.
4. Fielders should catch the ball with their momentum moving toward their intended-throwing target if the runner(s) on base attempt to tag up.
5. All fielders in the immediate area of the fielder who is going to catch the fly ball should allow plenty of room to make the catch. If the player who called for the baseball loses sight of it, he must immediately yell, "I CAN'T SEE IT." The other fielders in the area would then make an attempt to catch the baseball using the communication technique previously described.
6. A priority system has been established so that when two fielders call for a fly ball at the same time they understand who has priority to make the catch. On the following page is the chart for the priority system used in this fly ball communication system.

7. When a fielder calls for a fly ball, it does not mean that he will be allowed to make the catch. If another fielder is in better position to make the catch or the ensuing throw, he should yell, "**NO**, MINE, MINE, MINE." The fielder who originally called for the fly ball should then confirm ("TAKE IT") his teammate's intention of making the catch.
8. At times, a fielder will have to delay his command to catch a fly ball because he is not sure he can make the catch. When no communication is heard and the ball nears the ground, it merely means no fielder thinks he can make a play on the baseball. This still leaves the possibility of a dive play for one of the fielders. Just prior to diving to catch the baseball, the fielder should yell, "MINE, MINE, MINE," so that the other fielders allow him the opportunity to make the catch. Once the other fielders see a player leave his feet for the dive play, they should immediately put themselves in position to properly back up the play.
9. When a fly ball is hit directly at or over a fielder's head, he should turn to his glove side in order to sprint back to get underneath the ball and make the catch. This will make for an easier adjustment in order to make the catch. Fielders who play closest to the foul lines must remember that a ball hit directly at them will naturally carry towards the foul line. In this case, it is necessary to drop step towards the foul line.
10. When a baseball is hit on a line between two outfielders, the two converging outfielders must create a gap between themselves to avoid a collision. This is done by the centerfielder catching the baseball in a low lane (waist or below) while the adjacent outfielder (right fielder or left fielder) catches the baseball in a high lane (head or above). This enables both fielders to attempt a catch, but keeps them from following the same path to the fly ball.
11. Prior to each inning, all fielders should check the strength and direction of the wind. To check the wind, either look at a flag on the field or drop a handful of grass blades from head height. The wind may shift numerous times throughout the duration of a game so it is best to do this in the field before every inning begins.
12. Prior to each inning, all fielders should check the background upon which they will be catching a fly ball or pop up. Each fielder should determine whether there are no clouds in the sky (high sky) or many clouds in the sky (low sky). Before each inning, each fielder should also check the location of the sun to determine if it will cause difficulty at his position. Each fielder should do this prior to taking the field in case the use of sunglasses is necessary.

Infield – Outfield Communication

- 13.** When a fly ball is hit, each infielder should point to the flight path of the baseball to help each outfielder find its location. Each infielder should also communicate the depth of the baseball to each outfielder by yelling "IN, IN, IN," if the fly ball is hit shallow or "BACK, BACK, BACK," if the fly ball is hit deep.
- 14.** When an outfielder runs back to catch a deep fly ball, he will have his eyes in the sky as the ball begins its downward flight, therefore, he will not be able to determine his distance from the outfield fence. The adjacent outfielder must communicate with him to help him avoid running into the outfield fence. As the outfielder who is making the catch reaches the warning track and approaches the outfield fence, the adjacent outfielder should yell "REACH, REACH, REACH." The outfielder making the catch will quickly glance at the outfield fence and then relocate the baseball. After glancing at the outfield fence and relocating the baseball, the outfielder making the catch should reach with his arm that is closest to the outfield fence to determine his actual distance from the outfield fence. He should do this until he determines where he will make the catch in relation to the fence. It is also important to reach with a bent arm in order to avoid injury.
- 15.** When a fly ball is hit to the outfield, the fielder making the catch will have his eyes in the sky as the baseball begins its downward flight. Because of this, he will not be able to see the status of the runner(s) on base in regard to whether or not they are tagging up. At this point, it is critical for the infielders to communicate to the fielder making the catch exactly what the runner(s) on base are doing.
- 16.** The fielders making the catch will rely on the third baseman to initiate the communication of what the runner(s) on base are doing in a fly ball situation. The third baseman will initiate this communication since he will have the runner(s) on base in front of him. The shortstop and second baseman will also be involved in the communication process. Whichever one of them is going into the outfield will be responsible for communicating with the outfielder making the catch. He will listen for the third baseman and then pass along that same command to the outfielder. With a runner tagging up at first base only, the first baseman can communicate the status of the runner at first base.
- 17.** The communication from the third baseman or first baseman should not begin until the baseball begins its downward flight to the outfielder. This will allow the communicators ample time to evaluate the status of the runner(s) on base.
- 18.** In the communication process, the first command will give the outfielder the status of the runner(s) on base. The second command will notify the outfielder where the baseball should be thrown after it is caught. Each command will be

yelled three times so that there is no confusion as to what communication is being relayed. This will also allow the outfielders to put themselves in proper position to make the catch and the ensuing throw.

First Command

Runner is not tagging up – “HALF-WAY, HALF-WAY, HALF-WAY”

Runner is tagging up – “TAG, TAG, TAG”

Second Command

First Base – “ONE, ONE, ONE”

Second Base – “TWO, TWO, TWO”

Third Base – “THREE, THREE, THREE”

Home Plate – “FOUR, FOUR, FOUR”

- 19.** Anytime the fielder making the catch hears, “HALF-WAY, HALF-WAY, HALF-WAY,” he knows the runner on base is not tagging up (it does not indicate the distance of the runner from the base), so he does not have to rush the catch. He should be sure to make the catch and a proper transfer before accurately throwing the baseball to the cut-off man. All fielders should be careful of the baserunner who comes off of the base on a long fly ball, and then goes back to the base and tags up when the ball is caught.
- 20.** It is important for the fielders to focus their attention to the baserunner upon which they will be able to make a play. The distance and direction of a fly ball may make it impossible to make a play on a certain baserunner. In this instance, the focus of the defense should shift to a one of the trailing runners (if any are on base).



FLY BALL DEFENSE – THE SPARTAN WAY

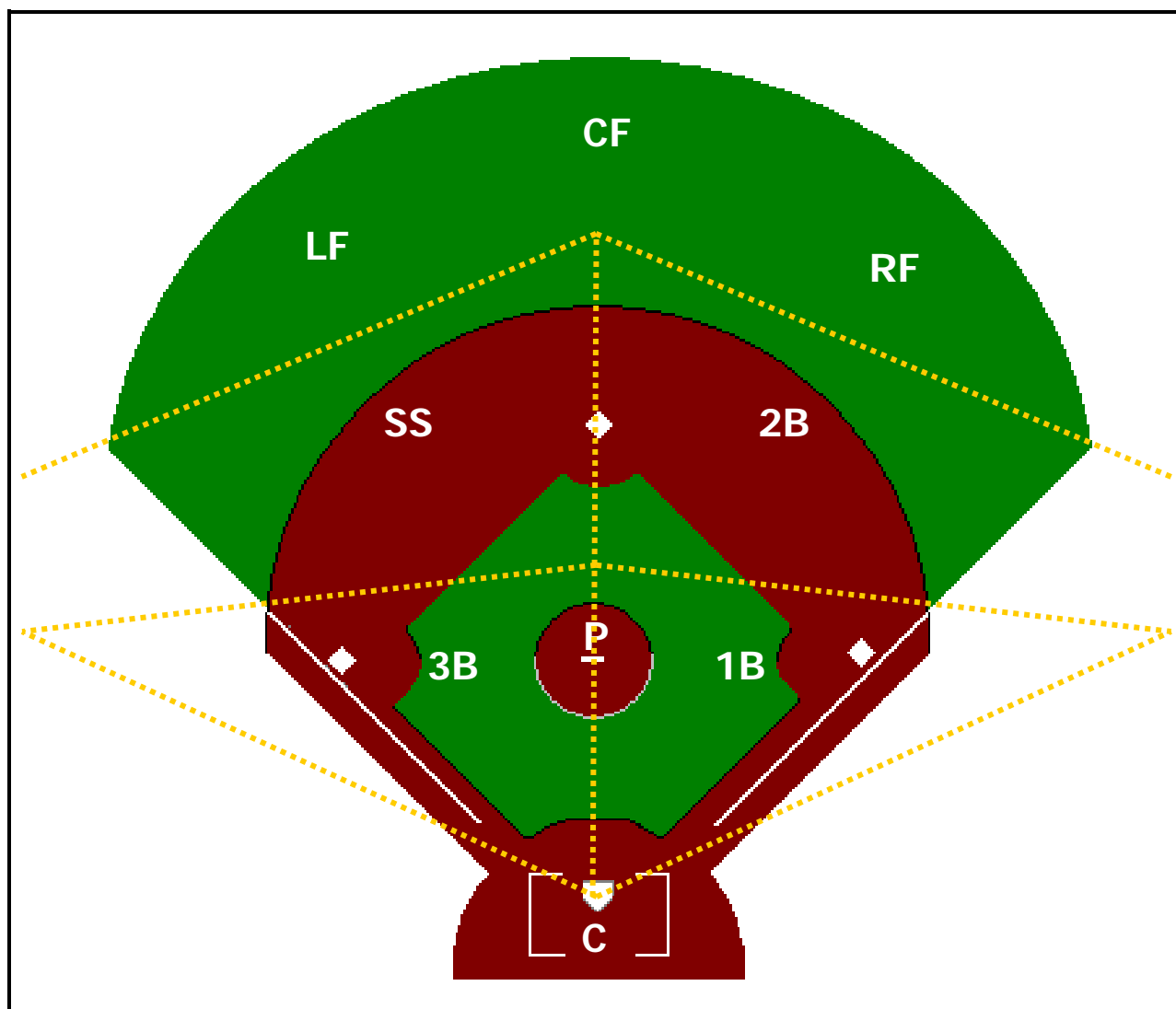
PRIORITY CHART

Defensive Position	Priority Over	No Priority Over
Pitcher	No Fielder	Catcher and All Infielders
Catcher	Pitcher	First Baseman and Third Baseman
First Baseman	Pitcher and Catcher	Second Baseman, Third Baseman, Shortstop, and Right Fielder
Second Baseman	Pitcher, First Baseman, and Third Baseman	Shortstop and All Outfielders
Third Baseman	Pitcher, Catcher, and First Baseman	Second Baseman, Shortstop, and Left Fielder
Shortstop	Pitcher, First Baseman, Second Baseman, and Third Baseman	All Outfielders
Left Fielder	All Infielders	Center Fielder
Center Fielder	Left Fielder, Right Fielder, and All Infielders	No Fielder
Right Fielder	All Infielders	Center Fielder



FLY BALL DEFENSE – THE SPARTAN WAY

COMMUNICATION AREAS



1st Fielder: "MINE, MINE, MINE."

2nd Fielder: "TAKE IT." or "NO. MINE, MINE, MINE."

**GLENBROOK NORTH
HIGH SCHOOL BASEBALL PROGRAM**

Outfield Development



GBN BASEBALL 2016

ALL WORK – KNOW PLAY – THE RIGHT WAY



OUTFIELD PLAY – THE SPARTAN WAY

OUTFIELDER DEVELOPMENT

Skill Progression

- I. Step Progression**
 - a. Prep Step
 - b. Drop Step
 - c. Four Steps (cones)
- II. Crow Hop (B.I.G.)**
 - a. Throwing Knee Down
 - b. Glove Knee Down
 - c. Glove Foot Forward
 - d. Throwing Foot Forward
 - e. Running–Glove-Foot Forward
 - f. Running–Glove-Foot Back
 - g. Running–Fly Ball
- III. Ground Ball Progression**
 - a. Dead Ball (C, L, R)
 - b. Rolling Ball (C, L, R)
 - c. Short Fungo (C, L, R)
 - d. Long Fungo (C, L, R)
 - e. Machine (C, L, R)
- IV. Fly Ball Progression (Catch)**
 - a. Dry Work (I, B, L, R)
 - b. Tossed Ball (I, B, L, R)
 - c. Short Fungo (I, B, L, R)
 - d. Long Fungo (I, B, L, R)
 - e. Machine (I, B, L, R)
- V. Fly Ball Progression (Throw)**
 - a. Dry Work (I, B, L, R)
 - b. B.I.G. (I, B, L, R)
 - c. Tossed Ball (I, B, L, R)
 - d. Short Fungo (I, B, L, R)
 - e. Long Fungo (I, B, L, R)
 - f. Machine (I, B, L, R)

* skill progression → no glove / glove

* prep steps at the beginning of every drill

Drill Series

- I. Judgment Drills**
 - a. One Hop
 - b. Sit Down
- II. On the Run Drill (x1 / x2 / x3)**
 - a. Long Fungo (I, B, L, R)
 - b. Machine (I, B, L, R)
- III. Wrong Way Drill**
 - a. Tossed Ball (R, L)
 - b. Long Fungo (R, L)
 - c. Machine (R, L)
- IV. Running / Sliding / Diving Drills**
 - a. Running Catch (front flip)
 - i. C, L, R
 - ii. Hitting Streak
 - b. Sliding Catch (front flip)
 - c. Diving Catch (on knees)
 - d. Diving Catch (on the run)
- V. Live Contact**
 - a. Shallow
 - b. Regular
 - c. Deep
 - d. Throw to 2nd Base
 - e. Throw to 3rd Base
 - f. Throw to Home Plate
- VI. Multi Ball Drills (no glove / glove)**
 - a. 2 ball (in / back or back / in)
 - a. 5 Ball
 - b. Snake (in and back)
 - c. Serpentine
 - d. W Drill (both directions)
 - e. M Drill (both directions)
 - f. Ring of Fire
- VII. Fence Communication**
 - a. Tossed Ball
 - b. Long Fungo
 - c. Machine
- VIII. Two Player Communication**
 - a. Ground Ball Converge
 - b. Fly Ball Converge
- IX. Wait Drill**
 - a. Thrown Ball
 - b. Machine
- X. Concentration Drills**
 - a. Find It
 - i. eyes closed
 - ii. on stomach
 - iii. somersault
 - b. Distraction
- XI. Short Hops**
 - a. Kneeling (R, L)
 - b. Standing (R, L)
 - c. On the Run



OUTFIELD PLAY – THE SPARTAN WAY

MASS OUTFIELD DRILLS

15 MINUTE FLY BALL DRILL			
POSITION	LEFT FIELDER	CENTER FIELDER	RIGHT FIELDER
PHASE 1	In and Back	In and Back	In and Back
PHASE 2	3 rd Base Line	Left Centerfield Gap	Right Centerfield Gap
PHASE 3	Left Centerfield Gap	Right Centerfield Gap	1 st Base Line

20 MINUTE THROWING DRILL			
POSITION	LEFT FIELDER	CENTER FIELDER	RIGHT FIELDER
PHASE 1	2 nd Base	3 rd Base	Home Plate
PHASE 2	3 rd Base	Home Plate	Machine
PHASE 3	Home Plate	Machine	2 nd Base
PHASE 4	Machine	2 nd Base	3 rd Base
NO CUTOFF MAN ON THROWS TO 2nd BASE			

30 MINUTE FIELDING DRILL			
PHASE	PHASE 1	PHASE 2	PHASE 3
GROUND BALLS	No Doubles	Single to 3 rd Base	Single to Home Plate
PHASE	PHASE 4	PHASE 5	PHASE 6
FLY BALLS	No Doubles	Tag to 3 rd Base	Tag to Home Plate

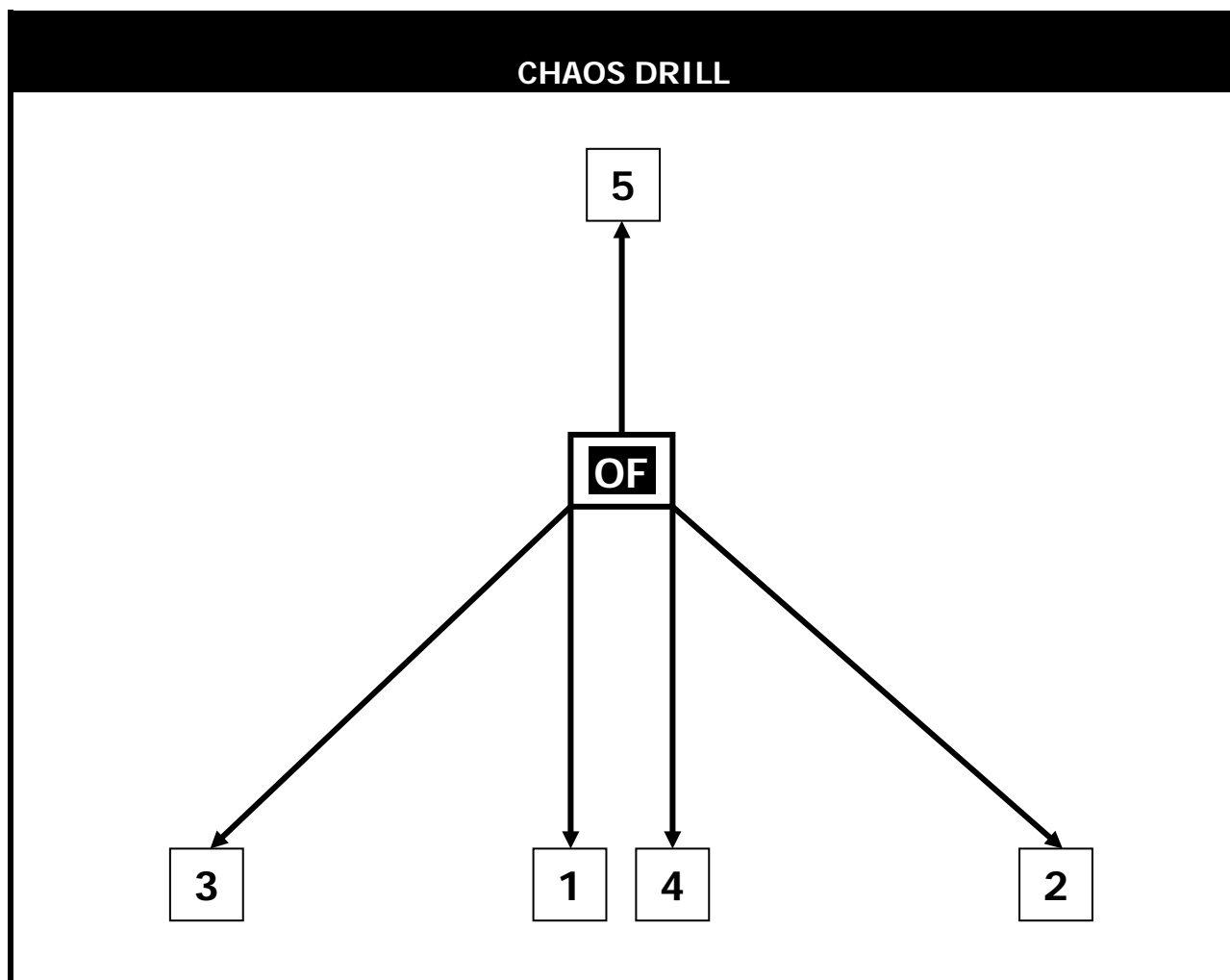


OUTFIELD PLAY – THE SPARTAN WAY

CHAOS DRILL

Chaos Drill can be run DRY (dead ball) or LIVE (fungo).

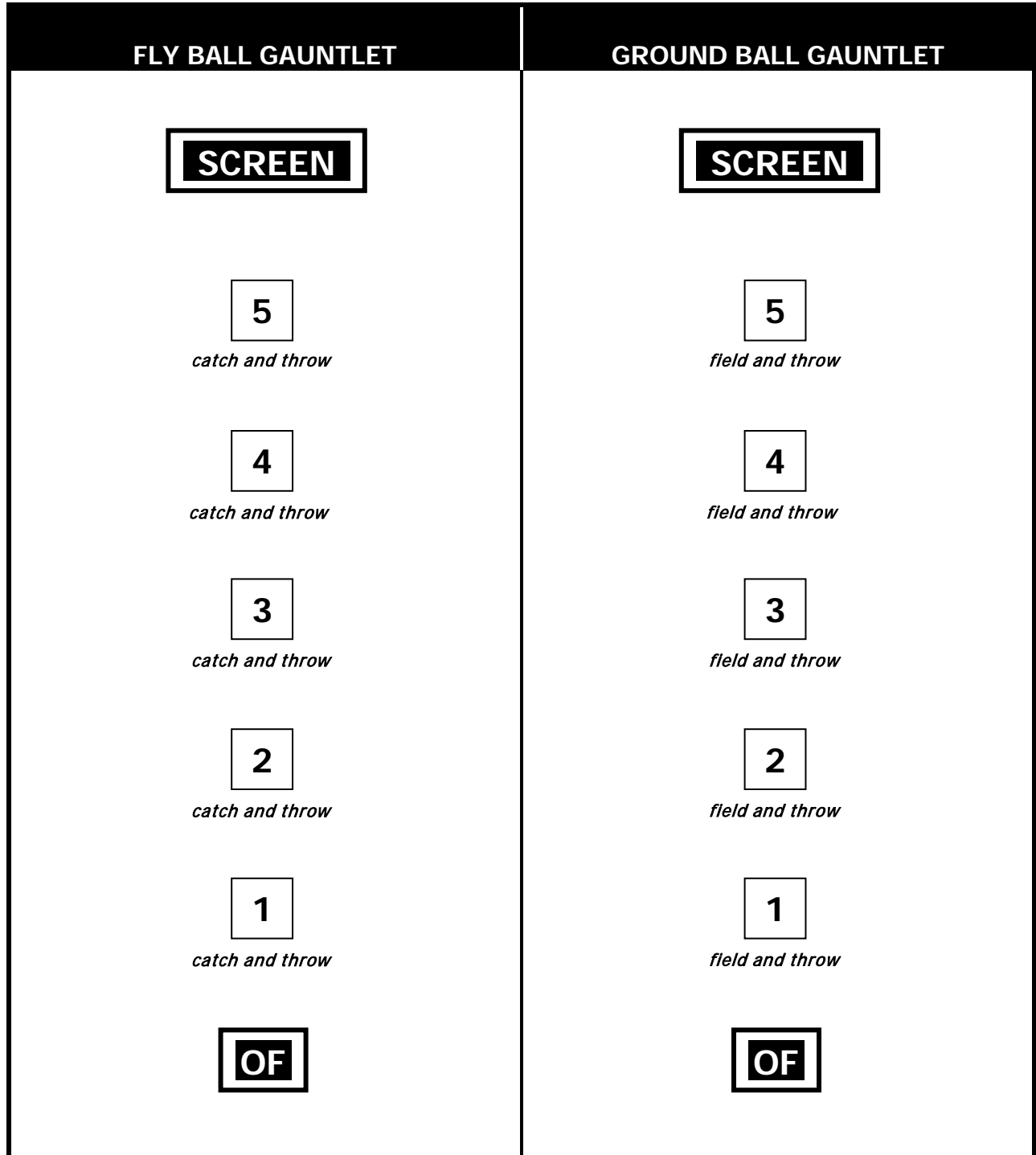
1. Directly at OF (throw to lead base)
2. Away from lead base (throw to 2nd base)
3. Towards lead base (throw to lead base)
4. Ball is bobbled (throw to 2nd base)
5. Ball is hit past OF (throw to tandem)





OUTFIELD PLAY – THE SPARTAN WAY

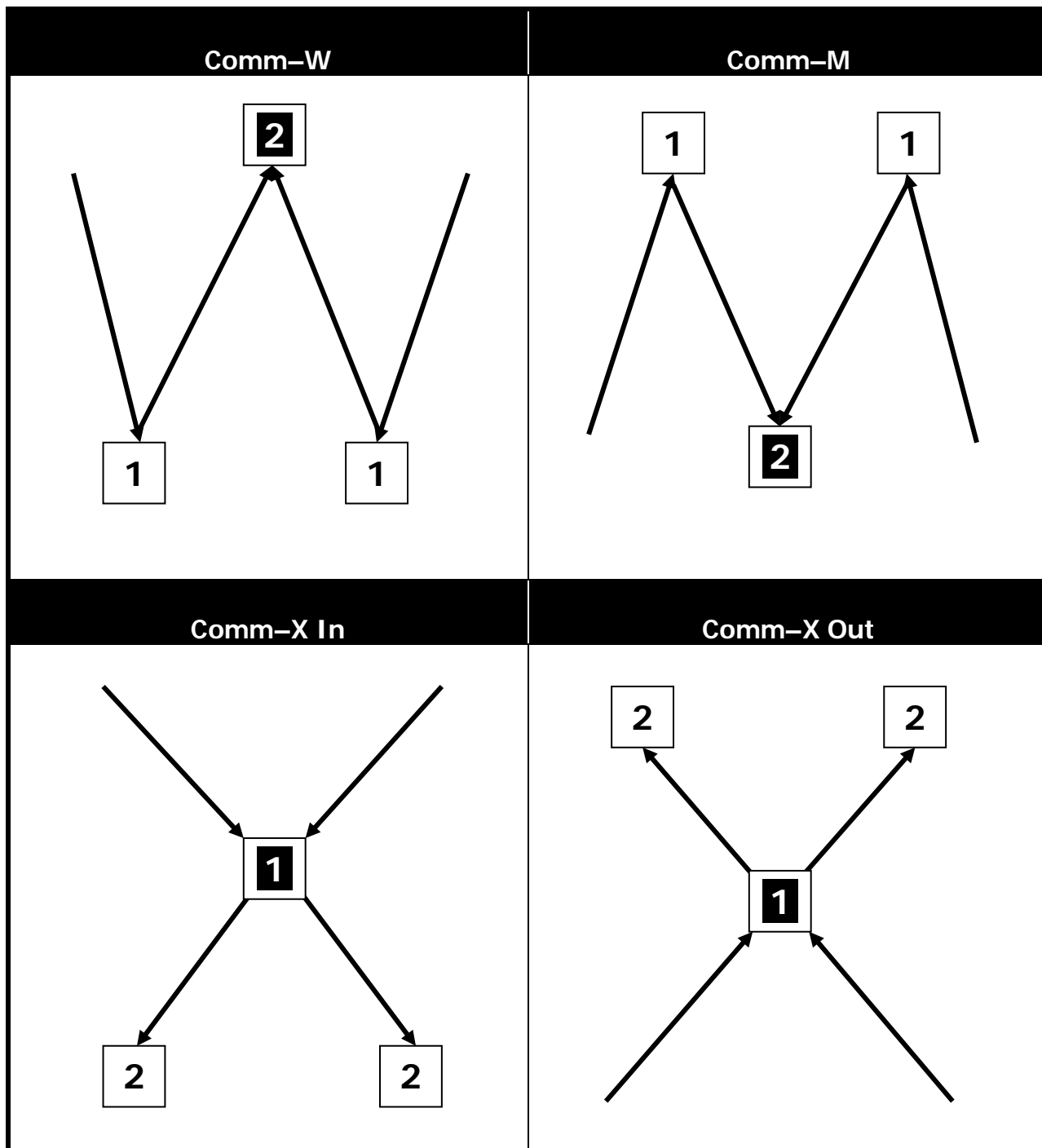
THE GAUNTLET





OUTFIELD PLAY – THE SPARTAN WAY

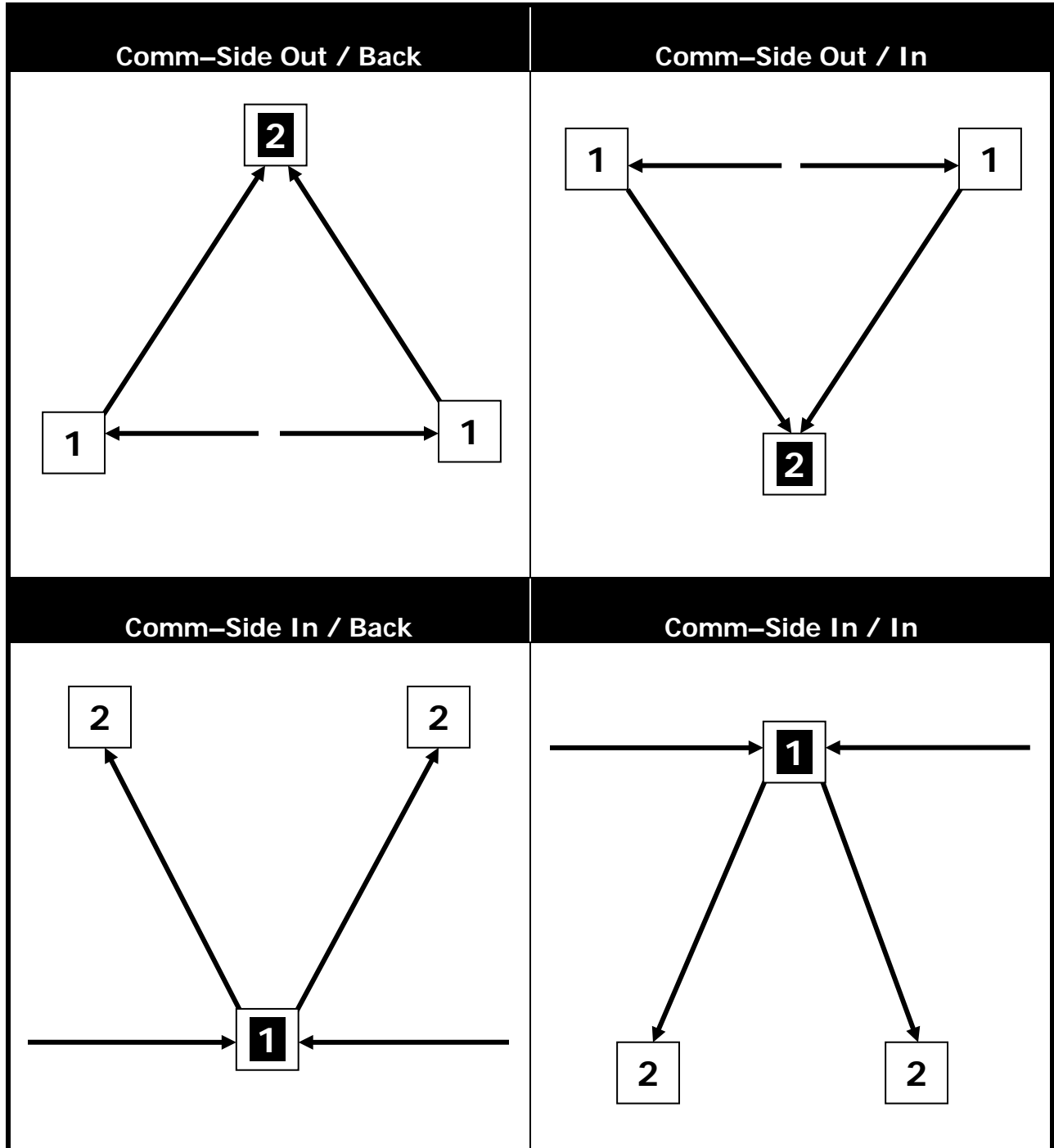
COMM DRILL SERIES 1





OUTFIELD PLAY – THE SPARTAN WAY

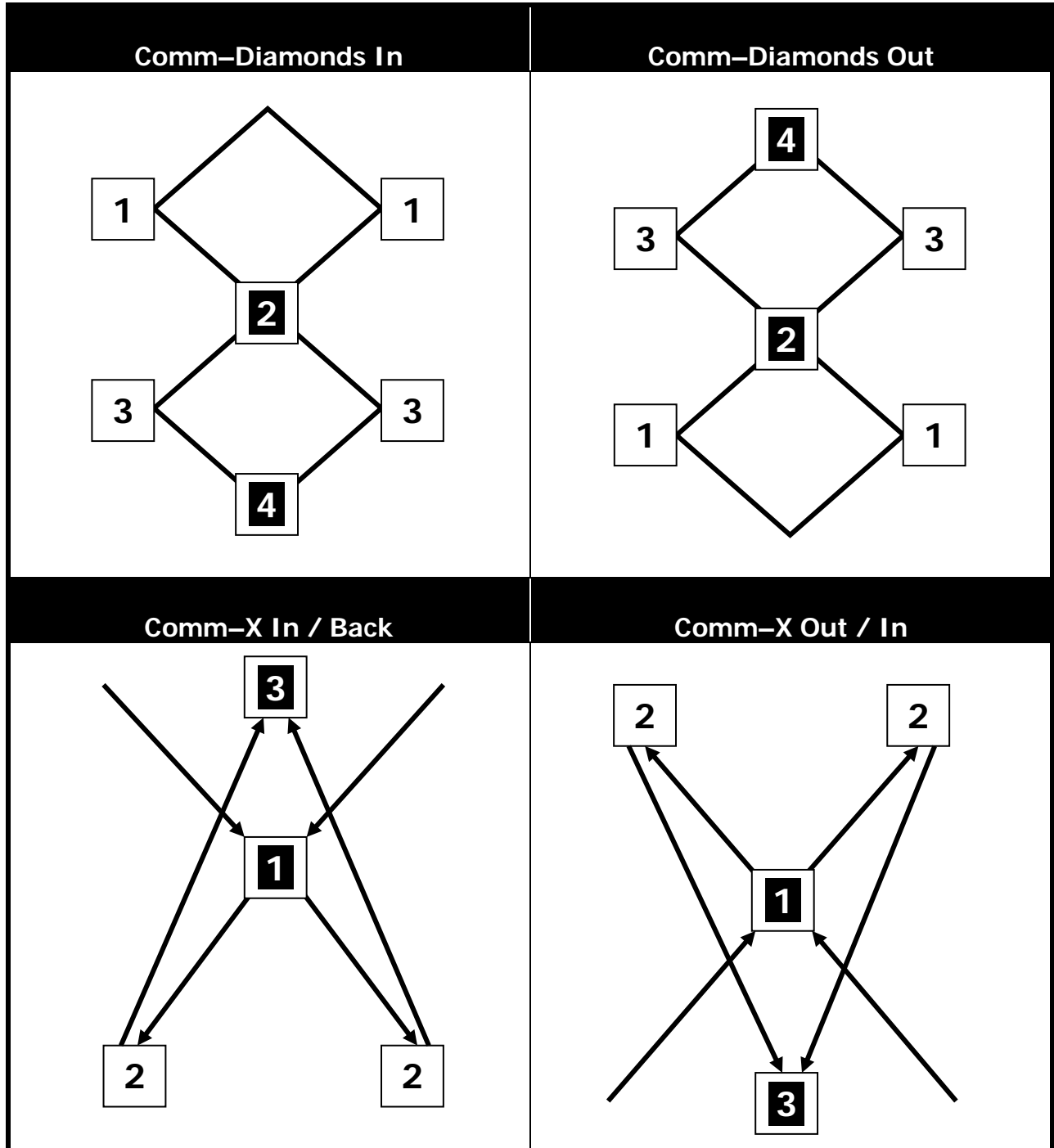
COMM DRILL SERIES 2





OUTFIELD PLAY – THE SPARTAN WAY

COMM DRILL SERIES 3





OUTFIELD PLAY – THE SPARTAN WAY

THE INTERNAL OUTFIELD CLOCK

There are certain times that will virtually guarantee consistent defensive success in the outfield. Learning the proper duration to complete a specified play will allow each outfielder to work within the clock that ticks in the mind of each player. It is vital to set the clock of each outfielder in practice on a regular basis.

Defensive Play	Time
Fly Ball – Catch to Release	< 1.05 seconds
Ground Ball – Catch to Release	< 1.25 seconds
Double Prevent	< 8.0 seconds
Triple Prevent	< 12.0 seconds
Homerun Prevent	< 16.0 seconds
1st to 3rd Prevent	< 7.0 seconds
2nd to Home Prevent	< 6.75 seconds
Tag-Up Prevent	< 3.75 seconds

