



Fly Balls

Skill Set: Outfield

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Balls and gloves

Goal: Move to get under the ball and catch the ball in front of the bill of the hat

Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 20 feet away in left/right field
- Throwing partner tosses ball up high in the air to the receiving partner
- Receiving partner takes a slight step back with one foot (drop step) to find the ball and then moves forward or backward to get under where the ball will land
- Receiving partner catches the ball in front of bill of the hat, fingers of the glove pointed up, keeping eyes on the ball
- Partners throw fly balls back and forth to each other until each player has received 10 fly balls

Add Difficulty:

- To add a degree of difficulty, make sure the receiving partner is catching the fly ball in a slightly turned stance, with their glove shoulder and foot angled at the ball, so that they are in position to throw the ball quickly

Layout of Drill:

