PURPOSE: To help outfielders practice making adjustments on a fly ball.

DRILL SETUP: Player and coach stand roughly 10-15 yards apart in an open space.

HOW IT WORKS: Coach throws a fly ball over the fielder’s head. As fielder runs back to catch it he practices taking a drop step and crossing over. Depending on the height of the ball he should execute this maneuver one to three times. After that player catches the ball, the next player goes.

COACHING TIPS: A common mistake outfielders make is crossing the path of the ball – this drill teaches them how to recover so that they are in perfect position to make the catch. When running back, players should be pumping their arms and keeping their legs driving. When going back on a ball the outfielders’ toes, waist and chest should all be facing the outfield fence. Only their head should be turned so that they can look back at the ball.