

Outfield Break Workout

-Warm up/Stretches

-Throwing Progressions

-Long toss 1-2x a week if possible

-For long toss, throw pop ups as far as you can that is comfortable and then do 10 pull downs coming in

-Finish all throwing progressions with six groundballs and six fly balls (2 to the right, 2 to the left, 2 in the middle)

-You can add throwing into all drills listed below. You can throw to a partner or into a net/fence. Try to make throwing as game like as possible. (I.E. make throws from about roughly 100-150ft)

-Fly Ball Drills

-Everydays (can do with a tennis ball as well to add a challenge)

-Two Ball Drill (drop step 45 degree, catch and drop the ball, open up and catch a second ball in the other direction)

-Zig Zag Drill (have a partner hold a ball up and move their arm in the direction they want the outfielder to run, partner then throws a pop fly after X amount of turns)

-Turn Around and React Drill (Have a partner throw a ball up in the air while your back is towards them, have them yell GO!, turn around and make the catch)

-Work Behind the Ball Drill (have a partner throw a pop up about 10 Ft in front of you, work behind the ball and make a throw or practice throw)

-Ladder Drill (Use a ladder and do our three footwork drills with a partner throwing a ball directly over your head. If you don't have a ladder, use tape or imagine one)

-Box Drill (set four cones in a square, start in the middle and create a pattern for your partner to throw you pop ups at every cone)

-Ring of Fire (set four cones in a square, have a partner throw eight pop ups in different directions within the four cones)

-Line drive Drill (start on your knees and have a partner throw a low line drive in front of you. Dive and catch the ball. I suggest sweatpants for this drill)

-Fungos

-Ground Ball Drills

-Everydays

-Four Cone Drill (Set four cones in a line, start at the farthest cone, and have a partner throw you a ground ball. After every ground ball you move up one cone. Work on do or dies with this drill as well)

-Deep Angle Drill (set a cone about 45 degrees behind you and about 20 feet from you, have a partner roll a ground ball at the cone, make sure you run around the cone and come through the ball)

-Do or Die drill (Straight and simple, have a partner roll you groundballs in different directions and field the ball as if it's the game winning run. **Make sure to charge the ball on the drill**)

-Chop Ground ball Drill (Have a partner throw or hit choppy ground balls to simulate a bad field)

-Single Person GB Drill (Set a ball at different directions near you, run and pick up the ball, make a throw or practice throw)

-Ground ball fungos

-Fence Work

-Fence Angle Drill (start about 20ft in front of a fence, net, or wall. Have a partner throw a ball over you and off the fence. Run and take the correct angle around the ball. Pick up the ball and make a throw or practice throw to your partner. If you don't have a partner, set a ball at the fence and do the drill without someone throwing a ball)

-Fence Fly balls (Start about 20ft in front of a fence, net, or wall. Have a partner throw a fly ball at the fence. Have them mix in front of the fence and just over the fence. Run, find the fence, and make the catch. **Only do this drill if it is safe**)

-Workouts/Cardio

-Hill runs (10x as fast as you can. Take 30 second breaks between each run)

-ladder work (5x through with our different footwork)

-box jumps (4 sets of 8)

-Ys and Ts with 5lbs plates/dumbbells (3 sets of 10 for both)

-Treadmill workouts

(Set the treadmill at 5 speed. Every minute, move the treadmill up .5. Run as long as you can while doing this.)

(Set the treadmill at 10 or the fastest you can run without falling. Run for 1 minute and then rest for 30 seconds. Keep repeating this for as long as you can)