

PHHS Vikings Baseball  
Outfield Drill Checklist

Drill	Completed	Performance
<u>Ground Ball Work</u>		
1	No one on (at, left, right) (3 reps)	
2	man on (at, left, right) (3 reps)	
3	Do-or-die (at, left, right) (3 reps)	
4	Blocking ground balls (3 reps)	
<u>Fly ball work</u>		
5	fly ball set-up (at, right, left) (3 reps)	
6	coming in (3 reps)	
7	going out (at, left, right) (3 reps)	
8	D-Back drills (3 reps)	
9	Sun drills (3 reps)	
10	Communication high/low (3 reps)	
11	Fence drills (3)	
<u>Other</u>		
12	Ready position	
13	Getting a jump on balls (cross-over step, etc.)	
14	Shifting for different hitters (visual signs)	
15	Off-hand (visual sign)	
16	Know situations (game score, inning, outs, etc.)	
17	Throws through cut-off man	
18	Communication...OF/IF...CF leader of OF	
19	Backing up other outfielders	
20	Covering bases and backing up IF	
21	Knowing how to check sun and wind (check every inning)	
22	When to take chances/when to play it safe	
23	When not to catch foul fly balls	
24	Spin of balls hit down the lines	