

Outfield Mechanics & Drills

Emma Campbell — Planet Fastpitch Veteran Instructor

Glove Position & Catching Technique: Trust Your Glove!

Stay low, stay ready! Keep your glove open and out front—fingers up for fly balls, fingers down for grounders. Soft hands, clean catches, no bobbles!

- **Bucket Drill**
- **Barehanded Tennis Balls**

Footwork & Angles: Move Like a Ninja!

The first step is key—drop step and GO! Take the right path to the ball, get behind it, and beat the ball to the spot.

- **3 Cone**
- **Box Drill**

Tracking the Ball: Eyes on the Prize!

Read the ball, trust your instincts, and get moving early. Angle your shoulders, stay balanced, and keep your eyes on the ball!

- **Point & Go's**
- **Get Up & Find It**

Communication: Talk It Up!

Call the ball early and with confidence. Back each other up, echo calls, and own your space!

- **Tweeners**
- **Don't Let It Drop (Full Team)**