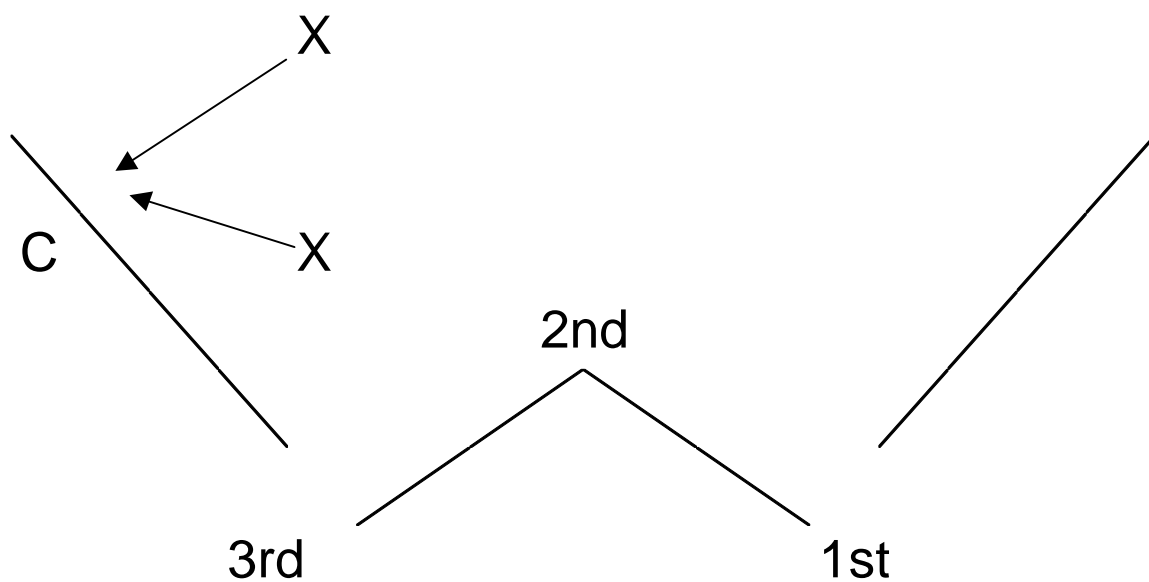


Figure Four Dive Drill



Have outfielder run at an angle towards coach and complete a figure four slide. After a few warm ups introduce a ball by lobbing it to the OF as they begin their slide. Once the OF is able to complete the drill have OF slide directly at the coach to better assimilate a short fly ball.