

Jamie Trachsel

NORTH DAKOTA STATE UNIVERSITY



"Worker Bees" of the Defense

Keys to our success/focus points for our outfielders:

- #1 Responsibility – Secure the ball.
- Be Disciplined – Ball first! Watch. The. Ball. In.
- Be Efficient – Then be fast (efficiently fast, explosive, quick, etc).
- Control – Control Over Speed...Control your speed.
- Confidence – If it's important to you, you'll do it/ practice it/make it a priority.
- Quality over Quantity...+ Quantity. There is NO substitution for reps!

Tracking:

Starting position/footwork -Angles/path to the ball:

Challenging speed to the ball and getting in position:

Range/full speed/full extension:

Reading angles/breaking on ball:

Transition into throw:

