Teaching players of various ages the proper technique for fielding ground balls takes patience, persistence and positive reinforcement.

Many of the fundamental skills provided below are necessary to establish a player’s confidence. These tips can be included in a variety of drills and practice plans.

**Fielding Technique**

* Whenever possible, field with the body in front of the ball. The fielder should move “through” the baseball as it is fielded.
* Hard ground balls straight on – take a “read” step, count the hops and circle back around the ball.
* Feet move smoothly as the ball is fielded.
* Field from the ground up with glove down.
* Bring fielded balls to the mid-section of the body and accelerate the feet through the directional side – where the throw will be made.
* Take read/“creeper” steps on each pitch.
* Use crossover steps for balls that are to the glove and backhand side.
* Initial stance – hands together near or above the waist.
* Initial stance – bend at the knees and not as much at the waist.
* Hands field with the elbows moving from outside the knees to inside the knees.
* Glove foot should be slightly forward when fielding.
* Feet set up in the direction of the throw.
* Keep head and eyes down on the ball and field the ball out in front of the body.