



**LJYB Player Development**

**Fielding**

January 2010

## Key Points

- \* There are four primary glove positions for catching a ball in the air: 1) in front of body or on glove-hand side, 2) basket-catch (below belt), 3) back-hand catch on throwing arm side, 4) pop-fly (over-head).
- \* The biggest differences between an advanced player and developing player with catching is in quickness identifying correct glove position (experience), getting a quick jump on ball (experience), using proper footwork to make catches easier (skill and experience), and transition from catch to throw (skill and experience).
- \* Keys for fielding a ground ball are: 1) wide base, 2) seated position (thighs close to parallel with ground), 3) hands (both) out in front.
- \* Fielding in a seated position with hands out in front does two things: 1) keeps eye on the ball at all times and 2) allows biggest margin of error adjustment with hands for bad bounces.

# Fielding – Four Primary Glove Positions

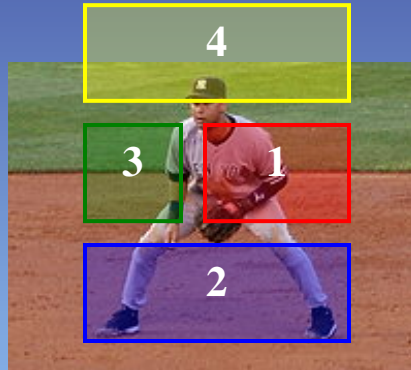
#4 –  
Overhead  
Catch



#1 – Glove side or in  
front of body



#3 – Arm-side  
(back-hand)



#2 Basket Catch

A great drill for developing basic catching skill is the **four-square drill**. You start by rotating through the four quadrants with throws, with them working on catching in the four glove positions in succession. As they become skilled with each type of catch, you can then randomize the throws to improve identification and execution.

# Fielding – Keys for the Groundball

These are two great pictures of the 2008 AL MVP and Gold Glove winner Dustin Pedroia working on fielding. Note the 1) **wide base**, 2) **seated position** with thighs (and back) close to parallel, 3) and **hands out front**.

Specifically, hands are out well in front of feet. This serves two purposes. 1) It allows greatest margin of error for bad bounces (hands can move not only side-to-side, but also back). If glove is by feet, you essentially can just move glove side-to-side. 2) It allows fielder to track ball all the way from hit to glove through periphery. If the ball is fielded right by feet, individual physically has to take eye off ball for the last 1+ foot, increasing risk of error.

\*\* Note how Pedroia's throwing hand is above the glove – forming the “alligator” with arms. This is for safety. On a hard hit bad bounce, the throwing hand is in position to deflect ball away from face.

