

Fielding Techniques

Players need to field the ball in rhythm and develop a consistent routine and repeatable mechanics. Here are a few tips for establishing proper mechanics.

- Baseball ready position
 - Stand upright and on balls of feet as pitcher is starting his wind-up. No need to be squatted down into fielding position at this point.
 - As pitch is delivered, player moves forward with small hop, landing on balls of both feet at the same time. Hands are out front.
- Baseball fielding position
 - Move toward the ball, regardless of how hard it is hit. Play the ball, don't let it play you.
 - Try to field the ball inside of glove side leg, with glove out in front of head, in squatted position (not bent position). Hands should be positioned at 6:00 (glove) and 2:00 (hand).
- Baseball throwing position
 - Once the ball gets to the glove, bring your body to the ball by stepping forward, and have your throwing foot go towards the spot where the glove fielded the ball.
 - Chin to glove side shoulder as you elevate to make the throw.
 - Drive glove side shoulder/elbow towards target.
 - Nose stays on target through the throw, while taking two steps towards your target. Very important for controlling accuracy of the throw. Throw the ball hard (sensibly hard).

Additional tips-

- Teach your players to use the proper throwing mechanics for EVERY throw that they make, be it on the baseball field or back yard.
 - Shoulder/elbow to target
 - Glove to chest
 - Finish the throw by letting the back side come through
 - EVERY TIME. THERE IS NO CASUAL!
- Drills
 - Throw ground balls within reach to each side and have the player use the techniques from above to field the ball.
 - Throw ground balls out of reach to each side and have the player use the techniques from above to field the ball.
 - Throw short-hops to player
 - Player MUST get into good throwing position prior to throwing. Errors allow base runners to advance. Better to hold the ball instead of trying to make a play from an awkward position, and risk throwing the ball away.