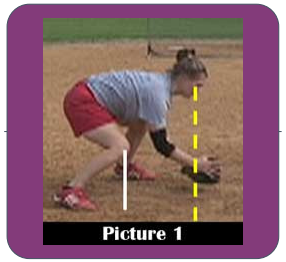

Softball Fielding Ground Balls Fundamentals

1. Ready

- **1 Feet Wide**
  - Shoulders square to home plate
  - knees bent
  - Be ready to move in 4 different ways
- **2 Seat Down**
  - lean forward, keeping back straight
  - Base as low as possible without bending your back
  - Head up - need to see ball
  - Incorrect --> Bending down at the waist
    - brings fanny up and head down
- **3 Glove out in Front**
  - arms hang relaxed, out in front of body
  - glove fingers down with Palm up
  - glove low below knees
    - ok to give up range to keep glove down

2. Field Ball

- **⚠ Field Ball out in Front of body**
  - glove extends out in front
    - elbows in front of knees
  - bare hand on top
    - bare hand fingers up
  - Field the ball out in front of your nose
    - apex of triangle with your feet
- **Soft Hands**
  - Bring it in, suck it up
    - 2 hands coming in same direction as ball
  - Keep eyes on the ball until it is in the glove
  - Avoid:
    - incorrect: stabbing at the ball
    - No scooping dirt
      - glove going in wrong direction
      - exception - short hop
- **Charge Ball (never back up)**
  - Surround ball to get in front of the ball
  - Field on glove side whenever possible
  - Use momentum into throw

3. Concentration

- **Ready Position**
  - release of every pitch
- **Anticipate every ball is going to be hit to you**
- **Need to be prepared to charge the ball**
  - creep step - moving forward every pitch