



Softball Fielding Fly Balls Fundamentals

1. Ready

- Balanced, athletic position
 - Balls of feet (not flat footed)
 - Feet slightly staggered (glove foot in front)
- Ready to move - drop step (first step)
 - Gets hips and shoulders turned
 - Run (with both arms pumping)

2. Track Ball

- Call it up ("Ball, Ball, Ball")
 - Communication is critical
 - If someone else calls it first, then it is their ball you can re-call again louder to call them off
- Track and get underneath the ball
 - RUN to point where ball is going to come down **never backpedal**
 - Advanced - have players track to 3 steps behind the ball so weight can be moving forward on catch into the throw
 - using glove to block sun
- Glove does not come up until it is time to catch the ball
 - never run with glove extended or above your head**
 - Teach kids how to run with their gloves on

3. Catch the Ball

- Up with both hands, over either shoulder
 - Above your head
 - Glove fingers up, palm facing forward
 - Advanced - over throwing shoulder is best
- Catch the Ball with 2 hands (always)
 - Cover up with throwing hand
 - Grip ball, transfer to throw

4. Concentration

- Ready Position
 - release of every pitch
- Anticipate every ball is going to be hit to you
- Drop Step is critical
 - easier to run in than it is to go back

