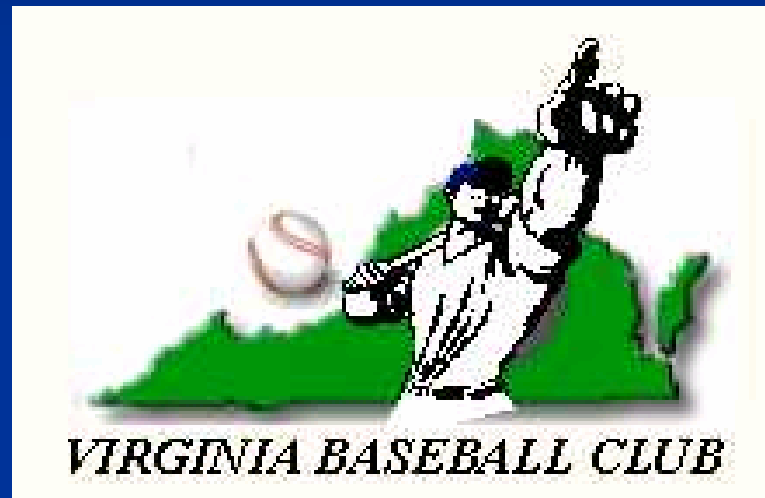


Teaching Fielding



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Coaches Certification Program

Teaching Fielding

- Keep it fun and simple - appropriate to age and skill level.
 - Start from short distances.
 - Find ways to build confidence in fielders – start with tennis balls.
- Use fun competitions – give points for success.

Ready Position



- Athletic position on balls of feet
- Creeping movement forward with pitch

Once the ball is pitched the eyes are focusing on the strike zone and reading the angle of the bat

Approach

- Once ball is hit the fielder glides to the right of the ball path (illustrated by the arrow).
- Moving to the right allows the fielder to read the speed and hops better.
- Also, shifting to the right will allow the fielder to move toward 1st base as he fields the ball.



Right foot – left foot - field

- Move into the fielding position by stepping with right foot then the left foot.
- This movement toward the ball is like an airplane landing smoothly, not like a helicopter going straight down.



Fielding Position



- Feet and hands form a triangle.
- Buttocks down allows the hands to reach out in front of the head.
- Palm is facing the ball.

Moving toward target



- Glove pushes hands back to right shoulder so that left shoulder is aimed at the target.
- Right foot crosses over and gains ground toward target (for advanced players).

Key Teaching Points

- Teach positive thinking: “Hit the ball to me.”
- Good, quick, aggressive feet make for good hops and good fielders.
- Break down each step of the fielding process and have players field in slow motion.
- Teach: “Right foot– left foot –field.”