

# Fielding Mechanics

## 1. Pre pitch set up

- a. Balls of feet
- b. Moving into every pitch
- c. Be aware of situation
- d. Expect the baseball ball

**Creep step with the pitch**

**React to swings and foul balls**

## 2. Approach

- a. Beat the ball with your feet
- b. Palm up
- c. Athletic position

**Stationary ball drill- Middle/Left/Right**

**Progressing to lateral GB- Middle/Left/Right**

Emphasize Footwork

## 3. Fielding

- a. Pick out your hop
- b. Attack the ball with your glove-out in front
- c. Protect your body and face with the offhand (bad hops)

**Short hop Drill**

Standing or kneeling

Forehand/Back hand

**Hands out in front drill (hat in mouth)**

See the ball into the glove

**Counting hops drill**

## 4. Throw and finish

- a. Move feet through the ball
- b. Short wind up- Ball and glove to hear/chest
- c. Practice throwing from different angles

**Step through drill**

Create momentum towards target

**Slow roller drill**

Keep feet moving