

THROWING AND FIELDING FUNDAMENTALS

Throwing

- grip the ball across the seams; make sure the ball is up on the fingertips, NOT jammed into the back of your hand.
- "crow hop" to gain momentum for the throw; your feet should be spread roughly twice your shoulder width with your weight on the balls of your feet.
- flex your legs slightly (as in a basketball stance) and bend slightly at the waist.
- keep 60% of your weight on your back foot - 40% on the front foot.
- keep your front shoulder level with your rear shoulder and pointed at your target in a "flex T" position at "launch," 80% of your weight should be over your front knee: your nose, chin, and front knee should be in line with your target.
- your throwing arm elbow should be at shoulder height IN FRONT OF your shoulder, and boxed at 90 degrees.
- your glove arm is at shoulder height in front of your shoulder and boxed at about 45 degrees.
- when you throw the ball, your front side should "stay closed" as long as possible.
- your hips will rotate as your center of gravity moves over your front knee and you pivot and come up on the ball of the back foot.
- after you release the ball, all your momentum should be moving towards the target.
- your body will "catch itself" in a natural follow through if you've executed the above steps properly
- keep your feet moving towards your target with small "shuffle" steps.

Fielding Ground Balls

- start in a "ready position" with your feet spread twice your shoulder width in a basketball "ready" stance
- your legs should be flexed with your weight on the balls of your feet and your glove should be extended in front of you with the pocket facing up.
- keep your body loose by slightly rocking from side to side — this rhythm will help your balance and your anticipation.
- move towards the grounder with your glove hand DOWN, your butt down, and your back flat to the ground.
- make sure you can see your glove as you move towards the ball.
- extend your bare hand beside your glove BUT NOT in the way of the ball.
- try to approach the ball on the glove hand side.
- use short, choppy steps as you move towards the ball.
- your last two steps should be a bit longer and smoother; this requires that you "time" your approach
- keep your hands as SOFT as possible in order to CRADLE the ball in your glove.
- as soon as the ball is in the glove, cover the ball with your bare hand.
- bring the glove and ball into your body as you get ready to throw; SEPARATE the ball and glove and assume the "flex T" position described above in "Throwing."
- throw as overhand as possible and keep your feet moving towards your target as you throw and follow through.

Fielding Fly Balls

- start in a "ready position" with your feet spread twice your shoulder width.
- your legs should be flexed with your weight on the balls of your feet.
- keep your body loose by slightly rocking from side to side — this rhythm will help your balance and your anticipation.
- your first move is to use a "drop step" BACK and towards your glove side.
- move towards quickly the fly ball with your glove hand in a normal running position.
- try to run on the balls of your feet so the ball doesn't "bounce."
- get yourself into receiving position as soon as possible and WAIT for the ball to come down.
- make sure you can see your glove as you wait for the ball !!
- extend your glove towards the ball with your elbow flexed.
- keep your bare hand beside your glove BUT not in the way of the ball.
- DONT SNATCH AT THE BALL !!
- keep your glove open as wide as possible.
- keep your hands SOFT in order to cradle the ball when it hits your glove.
- as soon as the ball is in the glove, cover the ball with your bare hand
- "crow hop" and bring the glove and ball into your body as you get ready to throw.
- keep your feet moving towards your target as you throw.