

Fielding Fundamentals

Throwing

- ❑ 4 right angles of throwing
- ❑ **Point** glove shoulder
- ❑ **Step** to your target
- ❑ **Throw** a good throw

Receiving

- ❑ Always catch the ball in the middle of your body (move your feet)
- ❑ Catch the ball in the heel to the palm of glove (two hands)
- ❑ If you have to reach, catch it in the web

Stance

- ❑ **Feet wide**
- ❑ **Toes out**
- ❑ **Butt down**
- ❑ **Table top back**
- ❑ **Thumb out – elbow in**
- ❑ **Glove between eyes and ball**
- ❑ **Show button of cap**
- ❑ **Secure the catch**
- ❑ **POINT STEP THROW**

Approach

- ❑ Approach ball on your left side
- ❑ The hardest you'll work is before you get the ball. Try to be moving in the direction you're throwing before the ball hits your glove

Last Two Steps

- ❑ Right - Left – Field
- ❑ **GET YOUR LEFT FOOT DOWN BEFORE THE BALL HITS YOUR GLOVE!**

Separation

- ❑ Take the ball out of the glove as quickly and efficiently as possible. This will speed the feet up. Quick feet stay low to the ground and there is always space between them. Players that do not separate quickly will jump in the air or move sideways to allow enough time to separate and throw. Players can become better at this if they play catch without squeezing their glove. It forces them to move their feet to get their glove in position and not the reverse.