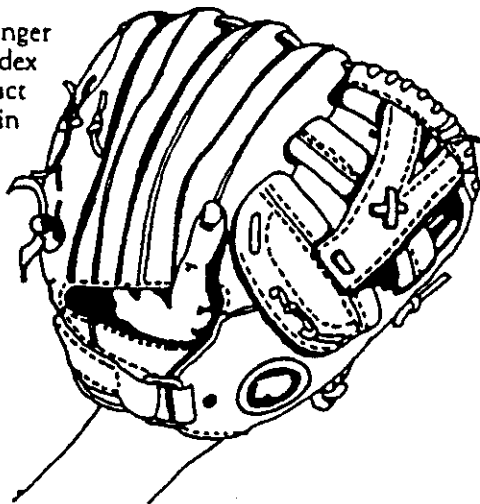


# CATCHING THE BALL

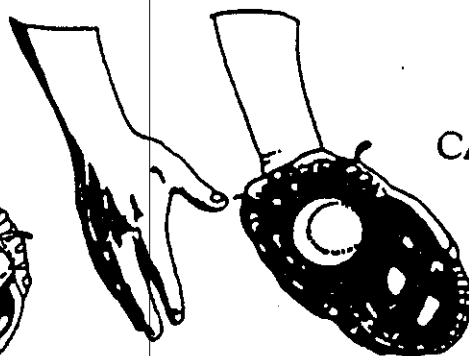
## WEARING THE GLOVE

Put a finger in each of the finger holes. You can leave your index finger out to lessen the impact of the ball when it's caught in the palm.



## CATCH THE BALL IN THE PALM

Always try to catch the ball in the palm of your glove. If you catch the ball in the webbing, it will be more difficult to throw quickly.

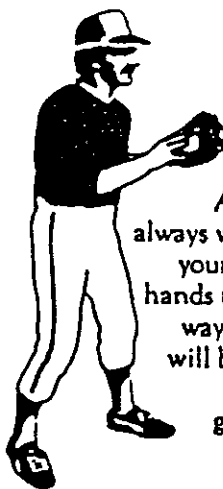


## LEARN THESE THREE BASIC ELEMENTS OF A GOOD CATCH



### 1. MOVE YOUR BODY

Place your body in front of the ball, legs shoulder-width apart, both arms extended forward and slightly bent at the elbows, with your throwing hand next to your glove hand.



### 2. CUSHION THE BALL

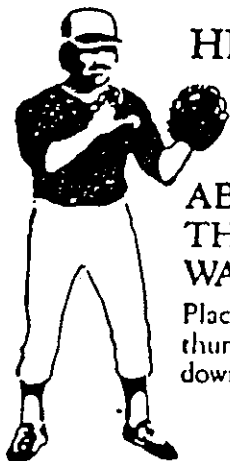
As you catch the ball — always with two hands — bend your elbows and bring your hands toward your body. That way, the force of the throw will be absorbed. Catch the ball in the palm of the glove, not the webbing.



### 3. PREPARE TO THROW

Watch the ball into the palm of your glove. Grip and throw the ball as described in "THROWING".

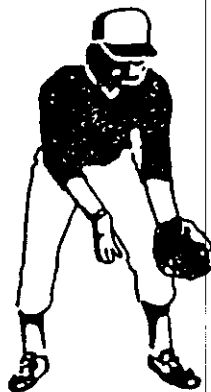
## HIGH CATCH?



### ABOVE THE WAIST

Place your hands in a thumbs-together/palms-down position.

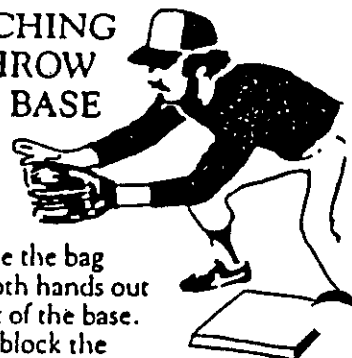
## LOW CATCH?



### BELOW THE WAIST

Hands should be in a little-fingers-together/palms-up position.

## CATCHING A THROW AT A BASE

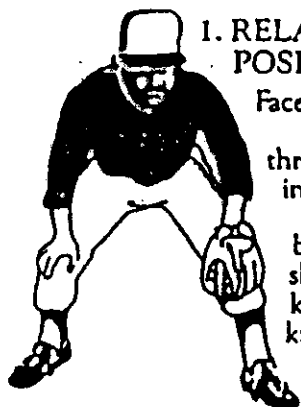


Straddle the bag with both hands out in front of the base. Do not block the runner.

# FIELDING GROUND BALLS

## INTRO

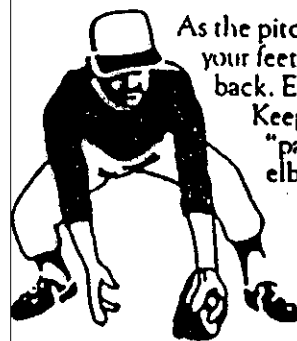
Handling grounders is tricky. It can take a long time to learn. You're always going to have errors. Don't let them bother you and, if you practice, you'll make fewer and fewer of them!



### 1. RELAXED POSITION

Face the batter, glove leg slightly in front of throwing leg and pointing at the batter. Keep your weight on the balls of your feet, feet shoulder-width apart, knees bent, hands on knees.

### 2. READY POSITION



As the pitcher moves, spread your feet further, power leg back. Extend your hands. Keep them low, in the "palms-up" position, elbows between your knees, seat down, head up.



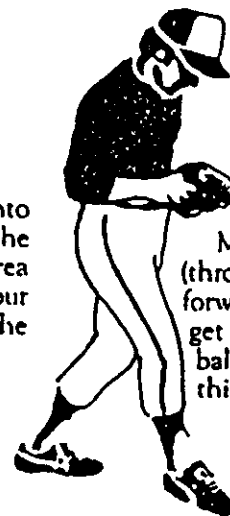
### 3. RECEIVING THE GROUND BALL

Quickly move behind the ball. Extend both hands, palms up. Extend your glove leg, with your head and seat down.



### 4. SUCK IT UP

Watch the ball into the palm of your glove. Suck the ball up into your stomach area with both hands, bringing your elbows past your waist. Grip the ball in the glove. Stay low.



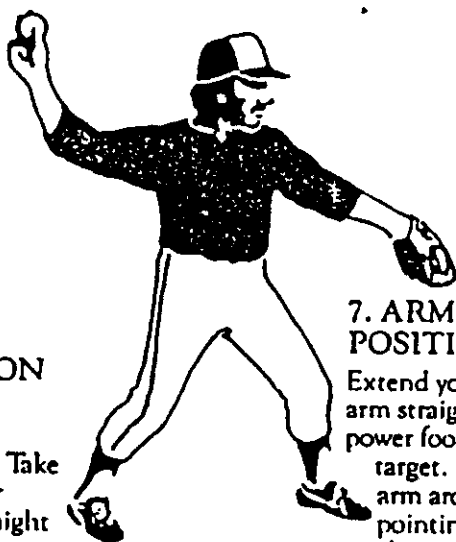
### 5. STARTER STEP

Move your power (throwing side) foot forward, head up, target in view. Keep the ball in your glove till this point.



### 6. ARM DOWN POSITION

Follow the procedure described in "THROWING". Take the ball from your glove. Hold it straight down by your hip.



### 7. ARM BACK POSITION

Extend your throwing arm straight back, power foot toward target. Bring your arm around, elbow pointing out, ball close to your head.



### 8. FOLLOW THROUGH

Extend your arm fully. Snap wrist. Follow through with throwing arm, throwing shoulder turning, power foot swinging around and planted to complete the throw. This is the "DOWN-BACK-THROUGH" MOTION.

*It is absolutely essential that all ball players wear a protective cup if they are to be confident in front of the ball, especially one hit hard!*

# PLAYING THE OUTFIELD

## READY POSITION



Eyes fixed on the ball, feet shoulder-width apart, weight on the balls of your feet. This balanced stance allows quick movement in all directions. Remember, you're responsible for all balls hit to your area. Be alert and ready to move all the time.

## GROUND BALL



Ball in front of your body, glove leg slightly forward, go down on your power leg knee, hands in the "palms-up" position.

## 1. FIELDING A FLY BALL — FOREHAND

For a ball hit on your glove side, use a cross over step with your power foot. Run quickly, on the balls of your feet, with arms and hands down. Keep your eyes on the ball.



## 2. FOREHAND CATCH

Reach for the ball with both hands, thumbs together. Catch the ball in the palm of your glove.



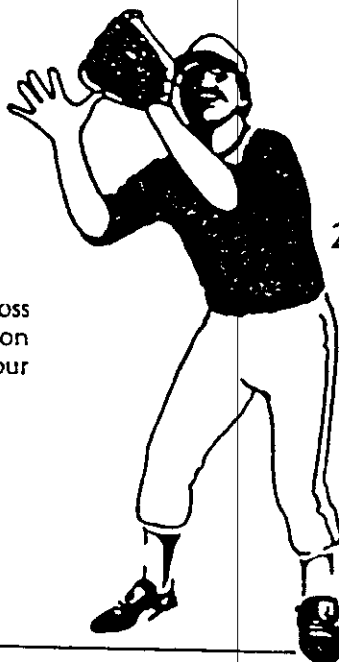
## 1. FIELDING A FLY BALL — BACKHAND

For a ball hit on your throwing side, use a cross over step with your non-power foot. Run on the balls of your feet, with both hands at your side. Keep your eyes on the ball.



## 2. BACKHAND CATCH

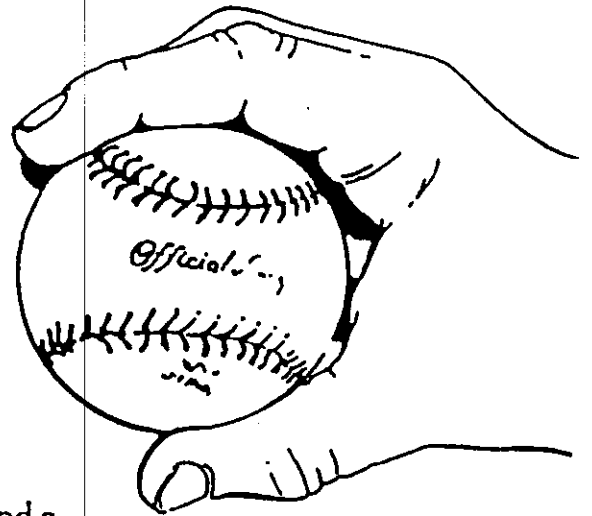
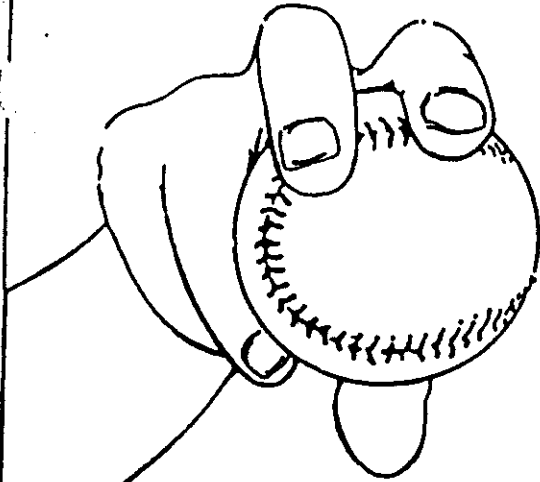
Reach for the ball with both hands, thumbs together. Catch the ball in the palm of your glove.



# THROWING THE BALL

## THE GRIP

Place the pads of your first and second fingers across any seam. Fingers should be about one finger width apart, with your thumb directly underneath. Leave a slight gap between the ball and the curve formed by your thumb and index finger. This will give you more wrist snap, and a more powerful throw. Grip the ball firmly. Now you're ready to throw.



**1. FIND THE GRIP**  
Catch the ball in the palm, not the webbing, of the glove and grip it as above.



**2. STARTER STEP**  
Begin your throw by taking a small starter step with your power foot. (Right foot for right-handers, left foot for lefties.) Turn your power foot outwards about 45-degrees. This lets you use your hips in the throw. Keep your eyes on the target.



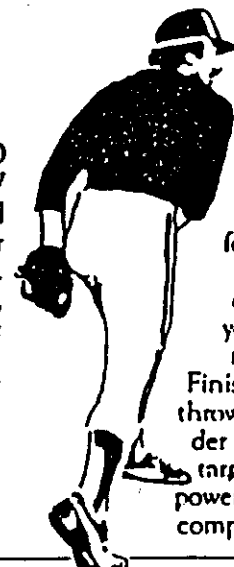
**3. ARM DOWN POSITION**  
When you take the ball from your glove, straighten your throwing arm, with the ball next to your hip.



**4. ARM BACK POSITION**  
Extend your throwing arm straight back. Turn so your front hip and shoulder are pointed at the target. Put your weight on your power foot and bring your non-power foot off the ground.



**5. STEP AND THROW**  
Now step forward and plant your non-power foot toward the target. Bring your arm forward, elbow pointing out, the ball close to your head. As you throw, your back hip and shoulder should turn toward your target.

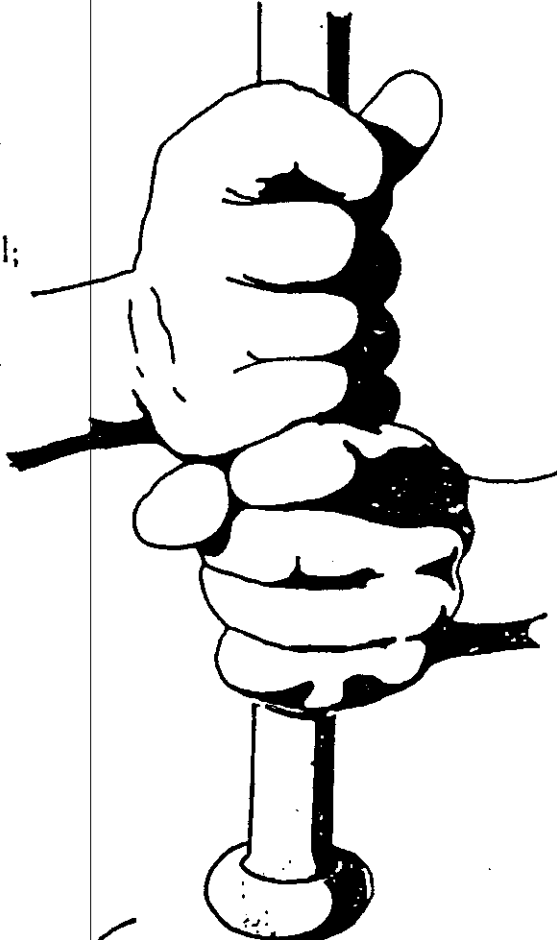
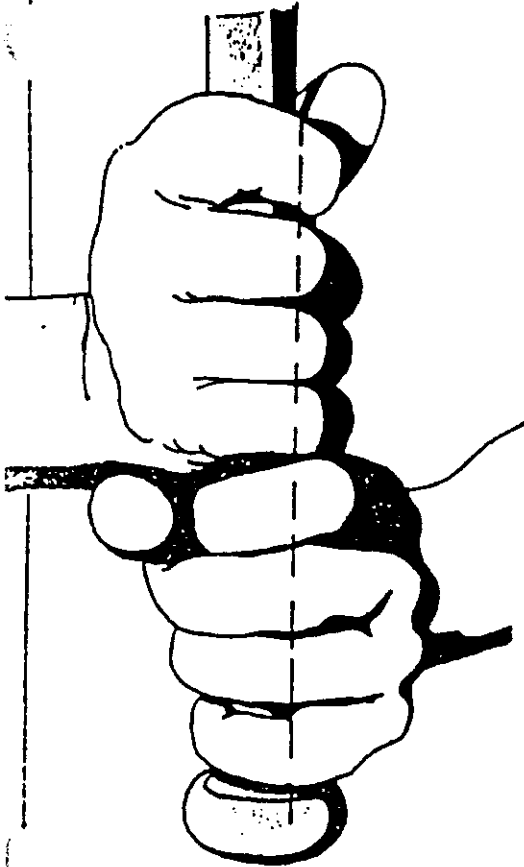


**6. FOLLOW THROUGH**  
Bring your arm forward until it's completely extended. Snap your wrist as you release the ball. Finish up with your throwing arm shoulder pointing at the target. Swing your power leg forward to complete the throw.

# HITTING

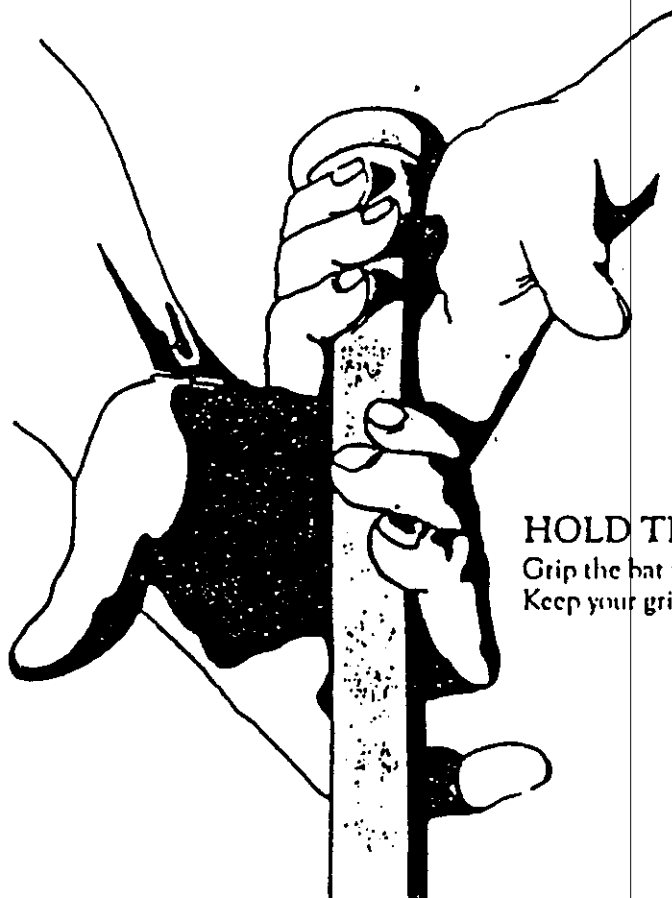
## THE GRIP

The balance, length and weight of your bat should feel right to you. Learn to get comfortable gripping the bat! *Do:* keep your eyes on the ball; be aggressive; step directly toward the pitcher. *Do not:* lunge or overstride; drop your hands before swinging (hitching); swing at bad pitches; worry about your last at bat.



## THE GRIP

Keep your hands loose. Line up each hand's second set of knuckles. (see dotted line)



## CHOKE UP

If your bat is too long or too heavy, slide your hands up the handle for more bat control.

## HOLD THE BAT

Grip the bat with your fingers — not your palms. Keep your grip loose until you swing.

# HITTING

## 1. RELAXED AND READY

Relaxed grip — hands back at shoulder level — arms away from body — rear elbow slightly up — head steady — eyes on ball — shoulders level — knees slightly bent — feet shoulder width apart — body balanced.



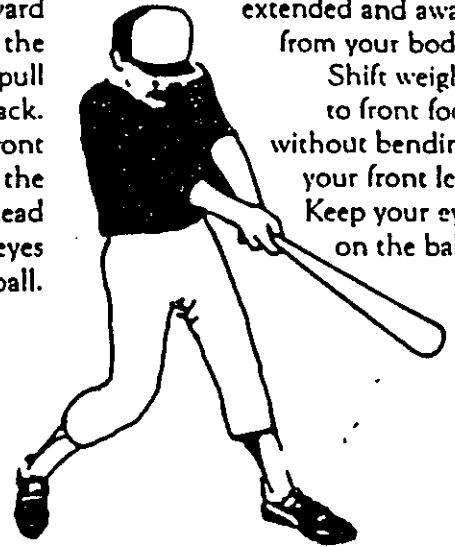
## 2. STEP AND COCK

As the pitcher throws: shift weight to your rear foot, take a short gliding step (maximum 12 inches) toward pitcher. At the same time, pull your hands back. Brace your front leg as it hits the ground, head steady, eyes on the ball.



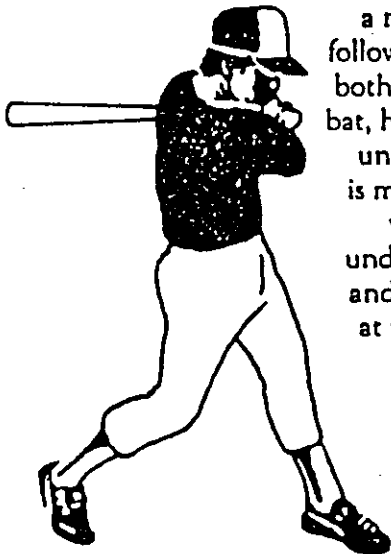
## 3. THE SWING

Throw your hands and bat down through the ball for a level swing, arm extended and away from your body. Shift weight to front for without bending your front leg. Keep your eyes on the ball!



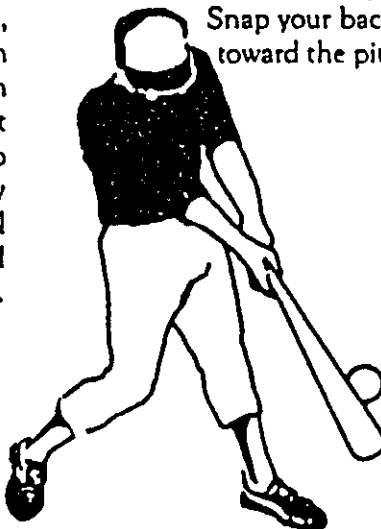
## 4. FOLLOW THROUGH

Pivot on both feet so you can "uncoil". Hips and upper body finish facing the pitcher. Take a natural full follow-through, both hands on bat, head down until contact is made. Keep your body under control and balanced at the finish.



## THE CONTACT POINT

Make contact in front of the plate, not on top of it. On contact, roll your wrists for maximum power. Snap your back hip toward the pitcher.



## THE WRIST ROLL

In contacting the ball the top hand on the bat is in a palm up position. The wrist roll following contact allows you to finish the swing with a natural follow through.

