

# Infield and Outfield

## Objective

- Develop mechanics to cleanly field the ball in play
- Develop mechanics to throw to desired stations on field
- Prevent runner advancing to extra bases due to sloppy fielding/bad throwing decisions

## The Basics - Footwork to Field/Throw the Ball

### Right, Left...Field; Right, Left...Throw

- Right, left...field - refers to footwork as player fields a ball
  - ☞ As a right-hander fields a ball, he steps with his right foot, then his left as he fields the ball
- Right, left...throw - refers to footwork as player throws a ball
  - ☞ As the ball gets into throwing position, the right-handed player steps first with the right foot, then steps to the left foot as he throws the ball
- The goal is a fluid motion in fielding and throwing the ball
- As the ball is fielded and funneled to the belly/chest, the player transitions to the “throwing power position” described in the “Throwing and Pitching” session.
- For a left-handed player, the sequence is reversed: Left, right...field; left, right...throw

## Ready to Field the Position (All Fielding Positions)

1. Base - Athletic Position
  - Feet wider apart than hips
  - Glove foot 1/2 step in front of throwing foot
  - Squat (as if sitting on commode) - Bend knees, not back
2. Positioning the Glove - It remains in Front of Player
  - Player holds glove in front as pitcher begins motion
  - Glove follows ball -- front, left or right
  - Keep knees bent, moving toward any position

### 3. Fielding a Ground Ball

- Right, left...field (as outlined in “The Basics” above)
- Move glove down slowly (like airplane landing) not quickly (like helicopter)
- Keep head down on ball (you can see button of cap when fielder has head down)
- Fielder in “triangle position” -- Left foot, right foot and glove on ground make triangle
- Throwing hand makes “alligator” -- Throwing hand wrist on top of glove hand wrist



### 4. Transferring the Fielded Ball to Throwing Position

- Funnel glove/ball to belly/chest
- Right, left...throw (outlined in “The Basics” above) - continue momentum toward target
- Continue momentum toward target

- ☛ See the notes from the January 16 session to review throwing mechanics



#### 5. Fielding a Ground Ball to the Left Side (Forehand)

- Follow glove to ball
- Step left foot to ball, bend knees to position glove down to ball
- Swing right foot behind left, feet and shoulders aligned to throw ball to target
- ☛ Simultaneous with footwork - funnel glove/ball to belly/chest, up to throwing position
- Shuffle feet, throw - continue momentum toward target

#### 6. Fielding a Ground Ball to the Right Side (Backhand)

- Follow glove to ball
- Cross-over (step left foot toward ball), bend knees to position glove down to ball
- Rotate right foot and shoulders to alignment with target line
- ☛ Simultaneous with footwork - funnel glove/ball to belly/chest, then throwing position
- Shuffle feet...throw - continue momentum toward target

#### 7. Fly Balls - Infield and Outfield

- Use two hands at all times when catching ball
- Catch ball slightly off to side to insure seeing the ball into the glove
- ☛ It's best to catch on the throwing side (more efficient)

## Outfielders

1. Fielders Objective: Keep Ball in Front of Yourself at All Times
  - Keep body square to ball on approach
    - ☞ Puts fielder in better position for the throw to target
2. Catch the Ball at the Highest Point the Fielder Can Reach
  - Provides more margin for error
  - More time to adjust if the ball is bobbled
3. Catch the Ball With Two Hands
  - Hands positioned thumb-to-thumb
  - Try to catch slightly on throwing side of body
    - ☞ Better chance to see the ball into the glove
    - ☞ Fewer steps to get ball in throwing position



4. Fly Ball Hit to Fielder
  - Square body/shoulders to ball
  - Position body behind body so that fielder can step into throw
    - ☞ Right, left...catch; right left...throw
  - Position to catch ball slightly on throwing side
    - ☞ Better chance to see the ball into the glove
    - ☞ Fielder needs fewer steps to get ball in throwing position

- Catch ball at highest point the player can reach (more margin for error)
- 5. Drop Step - Moving to Ball Hit Away from Fielder**
- Player in ready position (glove foot 1/2 step in front) when pitcher begins motion
  - Step back with foot in direction of the flight of the ball
  - Step back with right foot if ball going to right of player, or visa-versa
  - Cross-over, run towards ball
- 6. Crow Hop - Generating Momentum for Throw to Infield**
- Run towards ball (in the line of your target)
  - Pick up ball with glove as moving towards target
  - Glove/ball move up simultaneously with the knee on throwing-hand side
  - Plant foot, step onto glove-hand foot and throw (right, left...throw)
- 7. Cut-off Play - The Most Important Play in Baseball**
- Most throws from outfield come into 2nd base or short stop
  - Exceptions:
    - (1)(1) If ball coming from LF to home, 3rd base is cut-off
    - (1)(2) If ball coming from RF to home, 1st base is cut-off
  - Cut-off Player
    - Always hold both arms up, setting a big target for outfielder
    - Body in line with infield target (player at infield target gives direction for alignment)
    - Catch on glove side of body, shuffle feet and throw to target

## Fielding Drills

- I. **Conduct different drills at multiple stations**
  - II. **No more than 4 players at any station**
  - III. **Keep drills fun and as simple as possible**
  - IV. **Competition (fun) is an excellent way to keep players engaged**
- I. Field ball in front of fielder
    - Place ball in front of fielder - right, left...field
    - Once fielder has this, begin throwing to 1st base - right, left...throw
    - Roll ball slowly to fielder from 5 feet
    - Right, left...field; right, left...throw
    - Roll ball quickly to fielder from 20 feet
    - Right, left...field; right, left...throw
    - Hit grounders to fielder - right, left...field; right, left...throw
  2. Forehand - See #5 Above to Review Footwork
    - Place ball on forehand side
    - Slow rollers from 5 feet
    - Fast rollers from 20 feet
    - Hit grounders to forehand side
  3. Backhand - See #6 Above to Review Footwork
    - Place ball on backhand side
    - Slow rollers from 5 feet
    - Fast rollers from 20 feet
    - Hit grounders to backhand side
  4. Player Homework
    - With and without ball, practice right, left...field; right, left...throw
    - With and without ball, practice move to forehand and backhand fielding position, including moving feet and hands to alignment to throwing power position
    - Without ball, practice outfield crossover, moving to both left and right
    - Practice lining up behind fly ball to catch and throw (right, left...field; right, left...throw)

- Without ball, practice crow hop

## Contact Information

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[http://www.allstarbaseballacademy.com/facilities\\_downingtwn.cfm](http://www.allstarbaseballacademy.com/facilities_downingtwn.cfm)