



## **Infield**

### Main Points - Technique

1. Begin with a quality ready position. It is not necessary to be in the ready position until the pitcher is ready to deliver the pitch. Be on the balls of your feet, with feet approximately shoulder-width apart, glove out front of you in an athletic position at the time in which the pitch is delivered. “Step into” your ready position as the pitcher delivers the ball.
2. How the ball is fielded depends upon how the ball is hit. The goal of the fielder’s movements while the ball is on its way should be to get himself in position to field the ball on either a short hop or on a long hop, and to avoid the hop that is in between.
3. On the short hop, the fielder should work his hands through the ball, in an almost scooping movement with both hands. On the long hop, the fielder can “funnel” the ball into his mid-section using both hands. In either case, the fielder should move his body through the ball towards his eventual throwing target (typically 1<sup>st</sup> or 2<sup>nd</sup> base) during the act of fielding. A cue to help can be to teach the infielder to line the ball up with his left eye while approaching the ball, and work through it towards his throwing target.
4. The footwork for fielding into throwing should be as follows:  
RH throwers – Right, Left, Field; Right, Left, Throw  
LH throwers – Left, Right, Field; Left, Right, Throw
5. The infielder thrower should always follow through by following his throw for at least a couple of steps towards his target.