

Catching Grounders: Fielding

The key to proper fielding is to keep the player square to the ball as it approaches. Note: This can be difficult for younger players to grasp so you will have to demonstrate the concept. This maximizes the “pocket” area open to the ball and should the ball be difficult to handle, they will at least be able to stop the ball. Here are the key steps to proper fielding:

- Assume the “ready” position
 - o Feet shoulder width apart, knees bent, glove out in front of body
- Get to the ball. The player should lead with the glove, always keeping the glove nearest to the ball. Infielders may not have the opportunity to get in front but instead will need to judge the speed and bounces of the ball. This comes with practice and experience fielding grounders.
- Once in position, resume the ready position with the necessary changes. The glove foot should be in front with the glove open wide and on the ground. This allows the player to transfer to the “turn, look..” throwing method quickly.
- As the ball approaches, extend the glove in front of the body towards the ball. Should the player mishandle the ball, this will them to possibly have a second opportunity.
- Keep the glove low, especially on erratically bouncing balls. Teach players to always think low side since they can bring the glove up to field a ball quicker then moving it down
- Watch the ball into the glove all the way
- Use both hands. Bare hand should be near the glove opening to secure or “chomp” down on the ball. With bare hand near, it also allows for a quicker transfer into throwing motion.
- Turn, look, step and throw