

# 1st Base



## Accepting Throws

- when the ball is hit, if it is not to you, get to 1st base and get ready for a throw from whoever fields the ball
- make sure you are facing the player who is going to throw the ball
- as the player throws the ball, try to tell if it is going to be to you or if you are going to have to move to stop it from going past you

## Shifting

- if the ball is coming from the second base player or the right fielder, make sure your foot is on that side of the base so you can be square
- if the ball is coming from the catcher or the pitcher or the 3rd base player, make sure your foot is on that side of the base to take the throw
- if the throw is coming from the short stop, make sure you are touching the corner of the base to take the throw

## Fielding Balls

- if a ground ball is hit where you can field it, make sure you field it right away
- when you field the ball, turn and check to make sure someone is at 1st base to take the throw
- throw or toss the ball to that player

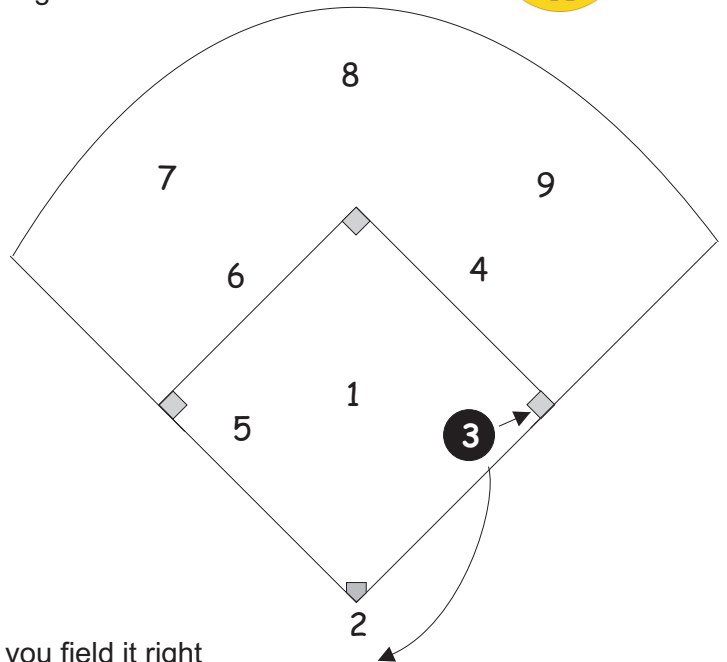
## Backing up Home Plate

- if a runner is going to run to home plate to score, go behind the catcher in case the ball goes past her
- stand 5 feet behind her facing the person who is throwing the ball
- on a passed ball get to home plate if there is a runner at 3rd base so the catcher can toss you the ball to tag the runner if she tries to score

## In General

First Base is a busy position where a majority of the fielded balls are thrown. You need to be good at getting in position to catch the ball and give a good target to the thrower. If the ball is not going to be thrown right to you, you need to leave the base to get the ball because it is much more important to prevent the runner from advancing another base than keeping your foot on the base.

If you will not be making a play you need to stay clear of the base path and runner because if she touches you and you do not have the ball it will be obstruction and the runner will get another base if they are heading to 2nd or rounding first when they touch you.



## 2nd Base



### Accepting Throws at 1st base

- when the ball is hit, if the 1st base player is, going to get it, go to 1st base and get ready for a throw from the 1st base player
- make sure you are facing the player who is going to throw the ball
- as the player throws the ball, try to tell if it is going to be to you or if you are going to have to move to stop it from going past you

### 2nd Base

- if the ball is hit on the side of the short stop, you go to 2nd base and get ready to accept a throw with a runner on 1st base
- if the ball is hit on your side of the field, the short stop goes to 2nd to get ready to take a throw with a runner on 1st base
- if the ball is hit right up the middle, you go to 2nd base to get ready to take a throw

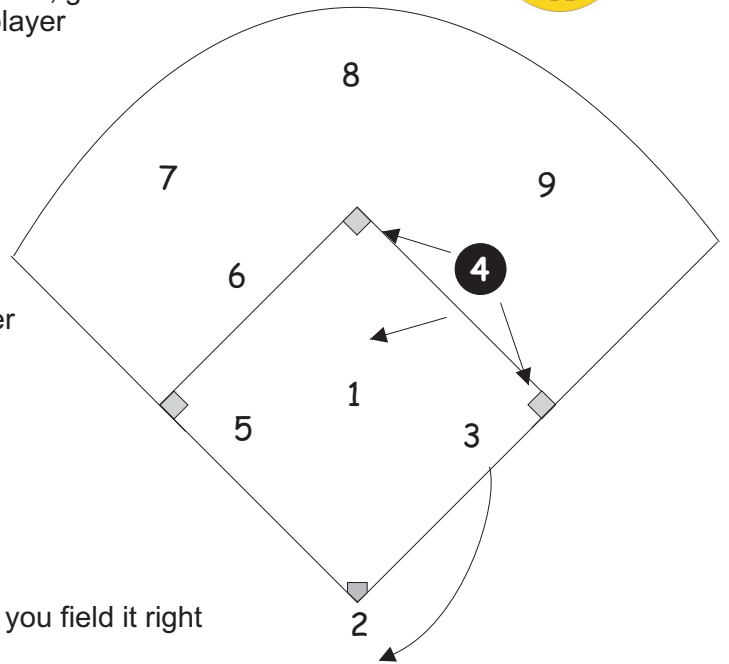
### Fielding Balls

- if a ground ball is hit where you can field it, make sure you field it right away and throw or toss it to 1st base to get her out
- if a ground ball is hit to you with a runner on 1st base, field it right away and throw or toss it to the short stop at 2nd base

### In General

Second Base requires a lot of thinking. You have to cover first base and second base and you need to be aware in case a ball that is thrown back to the pitcher is not caught and you need to back her up. You also need to back up second base if the ball is thrown when a runner is stealing from first base. Go about 5 feet behind the base for covering so that you have lots of time to react if the ball gets passed the Shortstop.

This position also includes lots of movement side to side covering the bases and for balls that are hit up the middle. Good mobility and quick reactions are important because it is a lot of ground to cover.



## 3rd Base



### Accepting Throws

- when the ball is hit, if it is not to you, go to 3rd base and get ready for a throw from whoever fields the ball if there are runners on first and 2nd base
- make sure you are facing the player who is going to throw the ball
- as the player throws the ball, try to tell if it is going to be to you or if you are going to have to move to stop it from going past you

### Cutting the throw

- if the ball is coming from the outfield and a runner has passed 3rd base and is going home, line up with home plate and the person throwing the ball in
- if someone says cut! catch the ball and hold it so that no more runners can go anywhere
- then give the ball to the pitcher

### Fielding Balls

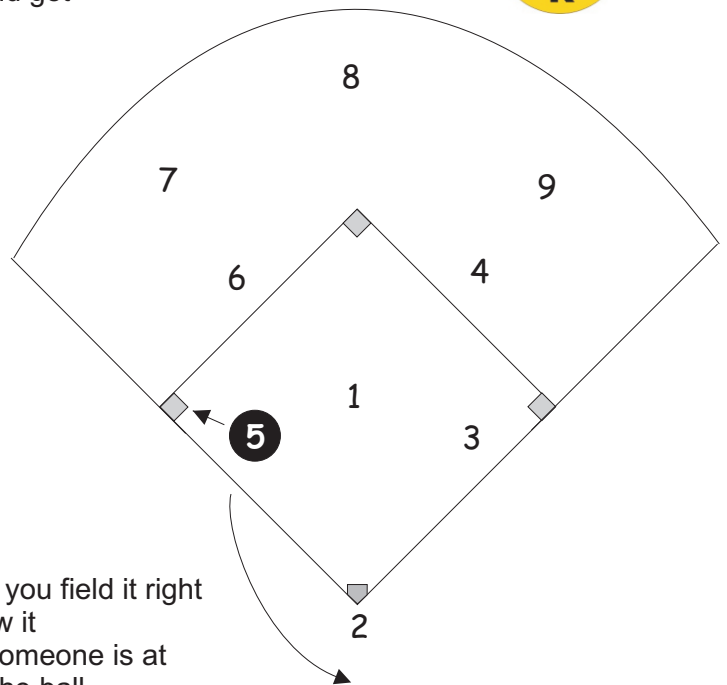
- if a ground ball is hit where you can field it, make sure you field it right away but know where the runners are before you throw it
- when you field the ball, turn and check to make sure someone is at the base that you want to throw to, so they can catch the ball
- throw or toss the ball to that player

### In General

This position is also known as the “hot corner” It is important for you to be focused and ready for anything. The ball generally comes faster as it is hit on the dominant side for right handed hitters. For left handed hitters the ball will not be hit as hard and will likely be hit more to the right side of the field.

Bunt coverage is where communication is important if you do not already have a set procedure with your team. You are in the best position to make the throw to first base so if it is closer to you be sure to get that ball and make the play.

You are also in a better visibility position to field fly balls that are short on your side. Many times the catcher will come out to catch it but make sure she/he knows that you have the play because you are actually facing the ball.



## Short Stop



### Accepting Throws at 3rd base

- when the ball is hit, if the 3rd base player is going to get it, with runners at 1st and 2nd, go to 3rd base and get ready for a throw from the 3rd base player
- make sure you are facing the player who is going to throw the ball
- as the player throws the ball, try to tell if it is going to be to you or if you are going to have to move to stop it from going past you

### 2nd Base

- if the ball is hit on the side of the 2nd base player, you go to 2nd base and get ready to accept a throw with a runner on 1st base
- if the ball is hit on your side of the field, the 2nd base player goes to 2nd to get ready to take a throw with a runner on 1st base
- if the ball is hit right up the middle, the 2nd base player goes to 2nd base to get ready to take a throw

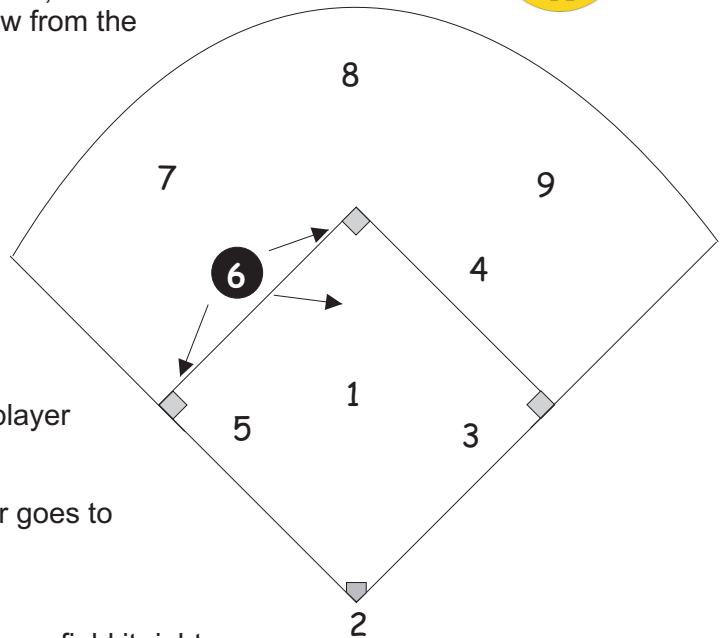
### Fielding Balls

- if a ground ball is hit where you can field it, make sure you field it right away and throw it to 1st base to get her out
- if there is a runner at 1st base, throw or toss it to the player at 2nd base
- if there are runners at 1st and 2nd base, throw or toss it to the player at 3rd base

### In General

This position is most times the busiest position other than the pitcher and catcher in most young or new teams. Although it is where the better fielder and thrower usually is, it is a great place to get some good experience to learn the game and get some fielding in during the game.

Communication and confidence are important for this position as there are many balls either in the air or in the ground that come up the middle. You and the second base player are the middle infielders who guard the middle lane of the field. Its awesome to make great plays that are just out of your reach. Go for it!



## Left Field



### Backing up the Center Fielder

- if the ball is hit to the center field, you need to get over to help her in case the ball gets past her so that it can back to the infield as soon as possible
- as soon as the ball is hit to the outfield, you need to run in that direction right away so that you are there in case she needs you

### Backing up 3rd base

- if the ball is hit to the right side with a runner on 1st base, you need to be ready to back up 3rd base in case they need to throw the ball there
- run to the foul side of 3rd base so you are ready in case the ball gets past her so you can stop it from going any further

### Backing up 2nd base

- if there are no runners on base and the ball is hit to the right side of the field, you need to be ready to back up 2nd base in case they throw the ball there

### Fielding the ball

- you need to be ready if the ball gets past the short stop or 3rd base player so that you can get it right away (assume they will miss it to get the best jump on the ball)
- you can get an out at 2nd or 3rd base if you are quick to the ball
- you are an extra infielder
- if there is a fly ball, and you can catch it, let the infielder know by calling your name out loud that you will catch it so they do not have to try to move backwards to get it
- you are the last line of defense so your position is critical

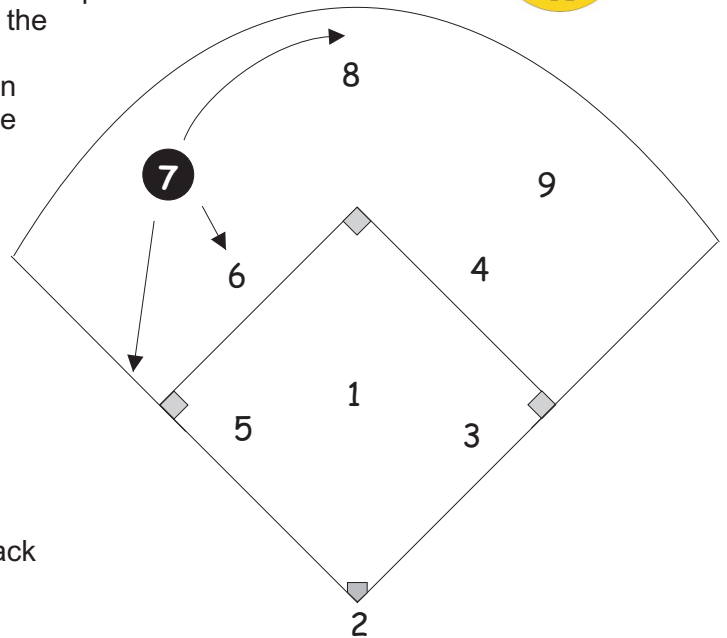
### In General

In some cases this position will catch the most fly balls because most batters in the early stages are right handed hitters. This makes them naturally pull the ball to the left side of the field. Some batters you can even tell where they are going to hit right away because they always swing the same way.

Backing up 3rd base is critical with a runner on base because a bunt for example will usually free up 3rd and a runner on a set play can go all the way to third from first because no one is there to cover. That is you. Make sure they don't even think about it by being there all the time on a bunt.

You can also get outs on the infield if you charge the ground ball and assume the infield will miss it. If you are there in time you can get a force out at third or even second as well. Be aggressive and move on every hit. There is always somewhere to go or someone to back up.

Most of all make sure you have fun out there. You and the rest of the outfield team are the last line of defense and it is kind of a fun place to be. go after every ball and make sure it does not get past you.



## Center Field



### Backing up the Left Fielder

- if the ball is hit to the left field, you need to run over to help her in case the ball gets past her so that it can get back to the infield as soon as possible
- as soon as the ball is hit to her, you need to run in that direction right away so that you are there in case she needs you to help her

### Backing up the Right Fielder

- if the ball is hit to the right field, you need to run over to help her in case the ball gets past her so that it can get back to the infield as soon as possible
- as soon as the ball is hit to her, you need to run in that direction right away so that you are there in case she needs you to help her

### Backing up 2nd base

- if there is a runner on 1st base and she is going to steal, you need to back up the short stop who will be at 2nd base for the catcher to throw the ball
- get ready about 5 feet behind her in case it gets past her

### Fielding the ball

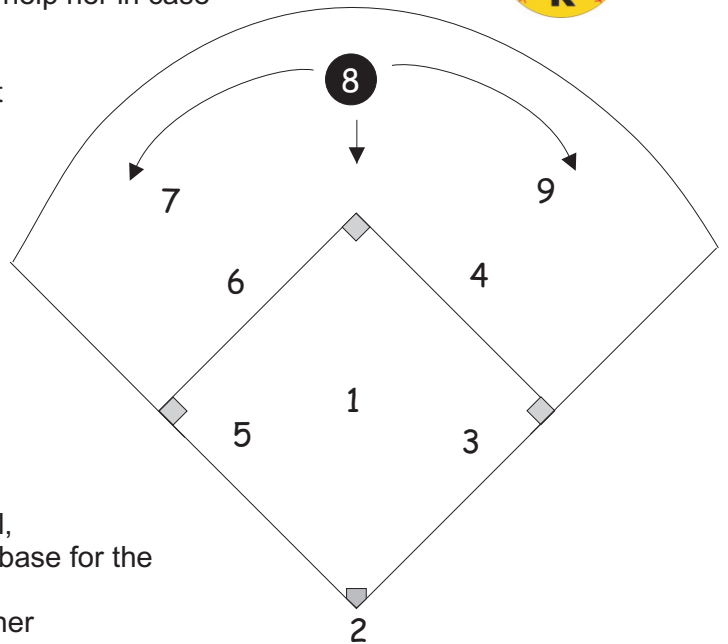
- you need to be ready if the ball gets past the short stop or 2nd base player so that you can get it right away (assume they are going to miss it)
- you can get an out at 2nd base if you are quick to the ball and there is a runner at 1st base
- you are an extra infielder
- if there is a fly ball, and you can catch it, tell the infielder by calling your name, that you will catch it so they do not have to try to move backwards to get it
- if there is a fly ball and you can catch it instead of the left or right fielder, you can tell them that you have it
- same with a ground ball, they will back you up
- you are one of the last lines of defense which is a critical position

### In General

The center fielder is like the general in the outfield. You have first priority on fly balls over everyone if you think of it that way. What this means is that if there is a fly ball that you can catch, you have priority over all the fielders around you. the left fielder, the right fielder and the middle infielders.

You also need to make sure you are backing up your fielders as well. You and your outfield team are the last lines of defense. Get to know the batters and their strengths so that you can assist the other outfielders in positioning as well. You are the captain of the outfield so make sure you learn everything you can about the batters so you can assist your outfield team.

You can also make plays on the infield if you charge the ground ball and assume the infielder will miss. A ground ball up the middle is an easy play at second or third for you if you are there. I have made plays at first base as a center fielder because I charged it and made a good hard throw. It feels awesome!



## Right Field



### Backing up the Center Fielder

- if the ball is hit to the center field, with a runner on 1st base, you need to get over to help her in case the ball gets past her so that it can back to the infield as soon as possible
- as soon as the ball is hit to her, you need to run in that direction right away so that you are there in case she needs you to help her

### Backing up 2nd base

- if the ball is hit to the left side with a runner on 1st base, you need to be ready to back up 2nd base in case they throw the ball there

### Backing up 1st base

- if there are no runners on base and the ball is hit to an infielder you need to be ready to back up 1st base for when they throw the ball there
- run to the foul side or behind the first base player in case the ball gets past her and you can stop it

### Fielding the ball

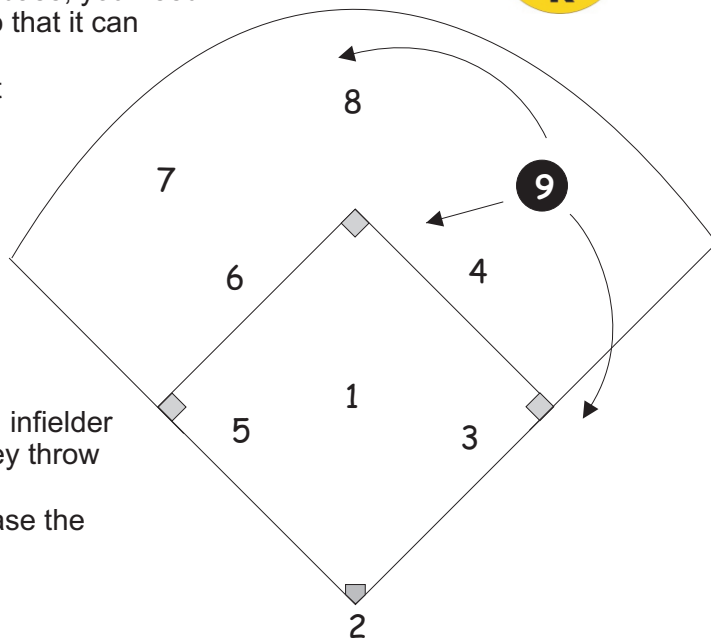
- you need to be ready if the ball gets past the 2nd base or 1st base player so that you can get it right away
- you can get an out at 2nd or 1st base if you are quick to the ball
- you are an extra infielder
- if there is a fly ball, and you can catch it, tell the infielder by calling your name that you will catch it so they do not have to try to move backwards to get it
- you are one of the last lines of defense which is a critical position

### In General

This position is often not given the importance that it should. If you are not backing up first base for example on a play, that runner that just hit the ball to short stop for an easy out could be at third base because the ball got past the first base player on the throw and is rolling down the field along the fence.

You can also get outs at first base on a ground ball that gets past the infield if you are charging the ball and assuming that the infield will miss it. You will pick it up right behind the infield and bang you have an out. Awesome.

**Remember - A good right fielder is invaluable to a successful team**



# Pitcher



- your most important job is to pitch strikes to the batter

## Backing up 3rd Base

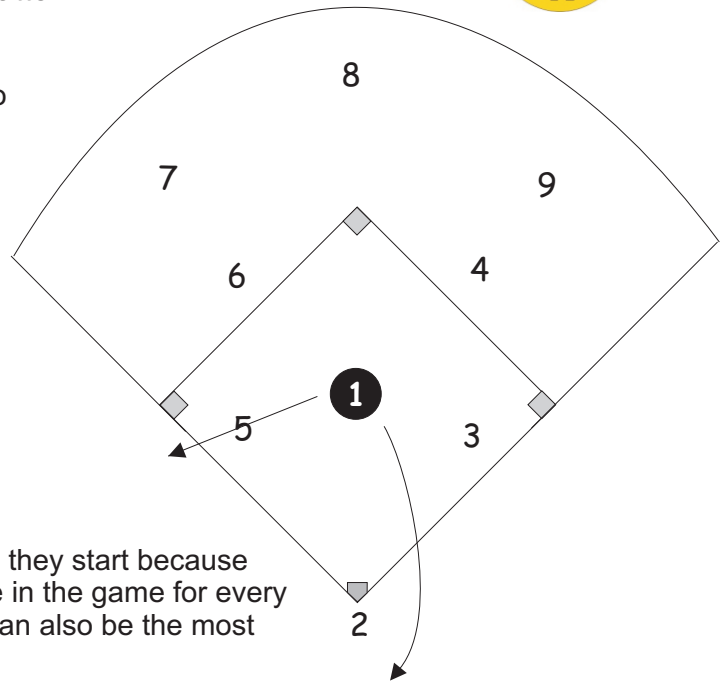
- if there is a runner going around 3rd base, you need to go to the foul side of the base path between home and 3rd base
- you need to make sure if the ball gets past the 3rd base player, you will stop it from going any further than where you are

## Backing up Home Plate

- if there is a runner at 2nd
- if there are bases loaded
- if there are runners at 1st & 2nd
- if there is a runner at 3rd

## In General

This position is the one that so many want to play when they start because you touch the ball the most in a game and you get to be in the game for every batter no matter what is happening. For this reason it can also be the most stressful position as well.



It is important for you to design strategies early for when the game is not going so well for you. It is to be expected for example that when you first begin pitching there will be many balls thrown and even batters walked rather than strike outs occurring. You need to remember that this is part of the process and that you need to continue developing your mechanics and especially your mental game. To focus on the outcome or the number of batters you are striking out is a destructive process and will delay your improvement.

This position also requires more practice than most other positions but it is important as a youngster not to spend too many hours in the gym pitching because you will need that arm for the rest of your life.

The most important thing is to remember to have fun. This is not an easy task if you are focused only on the outcome. Plan your success as a pitcher by focusing on the process.



# Catcher



## Catching Position

- position square to the pitcher
- always try to receive the pitch in the center of the body
  - move the body if you have to
- hold your arms out just in front of your body with a big glove target
- watch the ball all the way into the glove
- then let the arms cushion the ball

## Blocking pitches

- drop down on both knees, keeping your upper body upright
- stay over the ball to keep it close to your body
- keep your eye on the ball the whole time until it is in your hand
- when pitches are in the dirt to your side, shuffle quickly to that side keeping your body in front of the ball

## Throwing the ball

- focus first on getting the ball from the pitcher
- when you get the ball, shift your weight to your throwing side and bring the ball up to throw
- step towards the target as you would to throw
- throw quickly and hard with the snap of the wrist

## Tagging a Runner

- stand just in the front half of home plate facing 3rd base
- wait for the ball to get to you
- if the ball is going away from you to the side, leave the home plate and get the ball first
- when you catch the ball, move the ball (inside the glove with your hand holding it) toward the runner
- if you do not tag her, keep your head up because you have the ball and can stop any other runners from going to the next base

## Backing up 1st base

- when there are no runners on base, if the ball is hit to the infield, run up and back up 1st base behind her

## In General

The catcher is sometimes referred to as the general on the field. You have a view of the entire playing area so can see the runners and where the ball is. It is a good idea for you to practice calling where to throw the ball if someone fields it and has to throw to make a play.

Learn the game and learn the strategies. For example knowing that it is a good idea for the outfielders to throw 2 bases ahead of the runner is a good thing to stop them at advancing only 1 base instead of 2.

Learn how to read batters. On some teams the coaches will call the pitches during the game and if you are fortunate especially in your early years you will call the pitches for your pitcher based on what you know of the batters and their tendencies. Study them and even make notes after games so that you can review for the next game.

Most of all have fun and learn to help your pitcher to have fun as it can be a stressful position and she/he needs your support and confidence in her.

