

Infield Play Outline

- I. Glove Selection
 - a. size and selection
 - b. wearing and breaking in glove
 - c. fingers in glove vs. batting glove vs. finger out of glove
 - d. properly using the pocket, palm
- II. Ready Position
 - a. two options – R/L Hop / Tennis Feet - prefer tennis feet due to moving all 4 directions
 - b. present glove to hitter - palm on ball (elbow in)
 - c. middle infielders are in athletic position with glove presented to hitter
⇒ must be able to move in all four directions
 - d. corner infielders are slightly lower than middle INF
⇒ less time to react - 1B is deep so not so much
 - e. track ball into hitting area – anticipate the ball off the bat
- III. Approach to the Ball (Routine Play)
 - a. create angle to field the ball as close to hitter as possible (Angle, Aggressive)
 - b. field ball on left of body midline
 - c. aggressive to ball and under control is key to proper approach
⇒ short choppy steps to be balanced and under control when fielding the ball
- IV. Fielding Position
 - a. Lower Body
⇒ Feet wider than shoulders, left toe to right instep, body should be moving toward target, step in front (skateboard)
 - b. Upper Body
⇒ Back parallel to ground, field ball left of midline, field ball in front of left eye
Down-Out-Up-In, chin to chest
 - c. Glove is 6-7 o'clock, fingers spread, **Down-Out-Up-In**
- V. Footwork for the Throw
 - a. right/left throw and follow – step must be with right foot in front of left place (replace the ball) (Get on Skateboard)
 - b. goal is to cut down the distance of the throw to the target
 - c. follow throw to target with eyes and body (**nose to leather**) (**follow throw**)
- VI. Arm Action
 - a. take ball out the side of glove
 - b. quick, short arm action – accuracy beats time
 - c. fingers on top of every throw – regular, $\frac{3}{4}$ throw, on the run
- VII. Terminology
 - a. **Get on Skateboard** body position
 - b. **Down-Out-Up-In** to get into proper throw position, moving through ball / to target
 - c. **Palm On Ball (6-7 o'clock)** relaxes wrist and keeps the palm on the ball
 - d. **Nose to Leather** watch the throw all the way to target
 - e. **Follow Throw** follow ball to the target with the eyes and body