

# Homework Number 3 – Basic Fielding

Keys to fielding a ground ball for a right-handed ball player. (Left-handed ball player – do the opposite):

1. Charge the ball with the last two steps being Right Foot – Left Foot.
2. Make a Wide Stance, bottom down, glove stretched out in front with weight on the balls of the feet.
3. Field ball, start throwing motion – Right Step – Left Step toward the target with a good throw.

Note: images are of a Left-handed athlete.

1. **Approach Ball:** Charge the ball with the last two steps are Right Foot – Left Foot. Set your self up for your fielding position with the last two steps.



2. **Fielding Position:** Wide stance with your bottom down, and your glove reached out in front of you. Have your throwing hand on top of the glove like an alligator.



Weight should be on the balls of your feet.

4. **Long** follow through. Shift weight towards your front foot as your release the ball.



## Homework Assignment:

Charge a stationary ball. Do your Right-Left approach, pick up the ball, and right left towards the target, pretending to throw the ball. Make sure you use good throwing technique:

1. Four Seam Grip
2. Strong position, hand on top of the ball at the back.
3. Long and strong follow through.

Do this 20 times a day.

3. From the fielding position, start your throw with a Right Foot -Left Foot step towards the target (Left Right for lefties).

This is just like Homework 2 – line up and make a good throw: hand on top of the ball, strong position.

