

## Complete Defense for all Positions

### Throwing Mechanics

4 seam rotation: C of the Ball Grip (the faster the spin the greater the distance and speed)

Grip: Middle finger on 1 of the 4 seams and thumb on the opposite

Arm Motion: Thumb goes down to pant line (or seam). Then back swing, elbow at 90 degrees, and ball facing opposite direction. Should be able to look back and see the back of the hand. Lead with elbow, hand still directly behind the ball.

Spin Ball: Take the ball hold in the correct grip and spin it in the air like taking a basketball shot.

One Knee Drill: Same knee as the throwing hand side should be on the ground. Partner 15-20 ft apart. Stop and look to see if you can see the back of the hand. (Should do this everyday!)

Practice Throwing: Back foot set perpendicular to target (sideways). Get quick feet.

Receiving the ball: Move to the ball, with two hands catch, quick feet Turn sideways to the target!

### Fielding Techniques

Get in good ready position

1<sup>st</sup> and 3<sup>rd</sup> arms stretched out and low to the ground if not touching the ground. Knees bent and body bent over

SS and 2<sup>nd</sup> hands at knees, knees bent and body bent over.

Outfield hands by the waist and standing taller ready to run!

Field the ball out in front. Have the players reach out as far as they can from the correct ready position and mark an "X" on the ground. This is where they should field the ball, bring it into the body with two hands, find the seams and get set for the throw! Most errors occur from a bad grip and having the shoulders open to the target.

## Making the out at the Bag

1<sup>st</sup> Base: Straddle the base in relation of the direction of where the ball is coming from. If you are right handed, then put the right foot on the base and stretch out as the player releases the ball. Don't stretch out before the ball is thrown!

Tag Play: Take ½ the base away, giving the outside ½ to the base runner. Stay on the infield part of the field. This should force the runner to the outside and keep you out of the base line.

3<sup>rd</sup> Base pick off with a runner on 3<sup>rd</sup>: Turn back to the infield, keep glove in front of runner, following them back to the bag.

3<sup>rd</sup> Base with a runner on 2<sup>nd</sup>: Turn towards the infield and take ½ of the base away.

Double Play foot work for SS: SS Side – Throw coming from the right side (2<sup>nd</sup> or 1<sup>st</sup>) SS place left foot in front of base, drag right over bag and turn and throw. Throw coming from the infield side, SS put left foot on inside of base, push off and throw to 1<sup>st</sup> staying on the inside of the base out of the base path.

Double Play foot work for 2<sup>nd</sup>: Getting to the base early, approach the base in the direction from the direction of the throw, place left foot on base, step off and throw. Getting there late: Left foot on bag, catch push back and throw. Stay out of base path.

Three throws for the 2<sup>nd</sup> baseman: Draw lines around the base

1. Within 5 ft. for any fielder take the base yourself.
2. Between 5-10 ft. Backhand flip, Keep body sideways to target. Stay bent over, field the ball, lift elbow straight up, lock elbow out and throw the ball.
3. 10 or more ft.
  - a. field ball, shoulder turn and throw – must have strong arm, no step.
  - b. Field ball, 180-degree turn, quick feet and throw.
4. Fielding deep in the hole, field ball, reverse plant and throw.

## Outfield

Throwing: Use all of the body. Break back and follow through.  
Should not be standing up tall at the end of the throw.

Fielding:

Down and Block: Right knee, rotate down to the ground, once they get stronger they will not put the knee all the way down to the ground. (This is the safest play)

Runners on Base: Field like an infielder, reach out in front, two hands pull it in hard.

Game winning run in scoring position: Get the ball down on the side of body, reach down in front to meet ball in front of feet. Make sure you have the ball before you bring the glove up.

Fly Balls: Get under the ball, have the left foot in front of the right.  
Always catch the ball on your throwing side of the body if possible.

## Catcher

Setup and Stance: Make yourself as small as possible. Weight distributed equally on both feet. Knees inside of feet. Elbow stays outside of front knee. Receive ball first then throw!!!!

Framing:

Inside pitch – catch side of ball and curl it in gently.

High pitch – catch top half of ball, up and over.

Low pitch – catch with forearm up if possible.

Outside pitch – turn hand backwards, (like a backhand grab)

\*\*\*\* Do Not Frame Bad pitches only the close ones!!!!!!!

Blocking Pitches: Replace feet with knees, go straight down, not forward. Curl shoulder in to keep ball in front!

Throwing: Quick Feet!!!!!!! Jump Stance – Jump up into ready position, place feet sideways to the direction of the throw!

Fielding Bunts: Surround ball, place on back right foot, line foot up with target. Use back of glove if possible to help pick up ball.

Blocking the scoring run: Never block the plate until the throw is being received. Get 2-3 ft in front of the plate and up the line. When the ball is coming in catch it and block the plate with your body and two hands on the ball.

Fielding Pop-ups: Keep mask on if possible (hockey style mask). Keep glove in front of eyes, not above. Practice by having someone throwing up balls standing in the batters box.

### Pitchers

Throwing to 1<sup>st</sup>.

Fielding a ball hit straight on or towards 1<sup>st</sup> base

Side, field it and run it over to the 1<sup>st</sup> baseman. Make an under hand throw and take a couple steps even after the throw.

Fielding a ball hit to the left side, plant and make a good throw.

Fielding Bunts

Throwing to 1<sup>st</sup> right foot lined up with ball. Throwing to 2<sup>nd</sup> surround the ball, use closed glove if possible. Plant and throw.

All Positions Squeeze Bunt: Surround the ball, use side of glove, and shovel throw to the catcher.

Bobbled Balls: Let the ball drop to the ground, surround it and reset! A bobbled ball can produce an out if control is regained!!!!

### Defensive Drills

Quarterback Drill (All Positions)

Partners 10 ft apart.

Tosser points in the direction to drop step.

Catcher turns and runs, looking over the shoulder to make the catch.

Diamond Drill (All Positions)

Partners 10 ft. apart.

One partner starts to shuffle never cross over.

The other partner rolls the ball to the opposite side from where the partner started. Start with no glove and 1 ball, then glove and ball, then glove and 2 balls (once the ball is touched the 2<sup>nd</sup> ball should be rolled).

### Line Fielding Drill (All Positions)

Put a line of athletes at each position. Each line needs their own fungo person. Field two, put in a bucket and go to the end of the line. Once everyone has gone twice switch the fungo person.

### Around the Horn:

Throw clockwise and counter clockwise.

Start with a ball at Home, throw to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and then home again.

If the ball is thrown to the outside – reverse plant

If the ball is thrown to the inside – plant and throw.

### Controlled Fungo

Infield in positions, out field runs

Go through all possible scenarios.

Outfield in positions, infield runs, middle fielders cut offs, or 1<sup>st</sup> baseman.

Go through all possible scenarios.

Place all fielders into position, have extra runners

Go through all possible scenarios.

Work on base running while doing this. Have one coach, coach defense and the other coach, coach base running.