

IF OF Fielding / IF Throwing Mechanics

SOLANA BEACH LITTLE LEAGUE

Video Primarily from:

<https://www.youtube.com/watch?v=cwF4sQ2sUuU>

<https://www.youtube.com/watch?v=YbXHyR4ipGo>

<https://www.youtube.com/watch?v=oqYFKEqLepk>

***** Lots of great content on Spiders Elite Team website, check it out!**

<https://spiderselite.com/>

- All material cited and can easily be found on the Internet

** Please understand that when participating in any exercise or physical activity program there is a possibility of physical injury, and choosing to engage in these drills is done so at your own risk. If the activity seems too rigorous for you, please take a break.

Prep Step

- The prep step puts the infielder in the best position possible to make consistent plays
- 3 options for prep step:
 1. Could take a right **step**, left **step**, and present the **glove** (I prefer this one)
 2. Can take right **step**, left **step, hop**
 1. You should time your hop so that you land when the ball crosses the plate
 3. Infielder can just take a hop and get in the same position instead of taking steps
- The end result should have the infielder on the balls of his feet, his feet shoulder width apart, hips hinged, body pointed towards home plate, and the glove open either presented at the batter or in the thumbs up position
 - The thumbs up position is preferred because it easily allows the infielder to field the ball to the middle of his body, forehand side, or backhand side



Source: <http://roundingthirdleadershipandbaseball.blogspot.com/2021/03/infield-defense-importance-of-prep-step.html>

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Fielding Ground Balls - General

- Player works on fielding technique (triangle position)
- Field the ball between your belly button and left side of body (keep glove facing the ball)
 - Keep your eyes over the ball
 - Watch ball into the glove
 - Funnel the ball to your belly button
- Stay low and down on the ball
 - Back should be almost flat
- Keep your feet moving (right → left → field); doesn't have to be aggressive, just smooth and get the momentum going towards 1st base
- After bringing ball to belly button, mimic getting into throwing position

Standard



- i. On slower rolling ground balls, have to move forward towards the ball
- ii. Try to field the balls on the short hop or the long hop
 - i. On in between hops, either charge the ball aggressively to make it a short hop or back up to make it a long hop

Forehand



Backhand



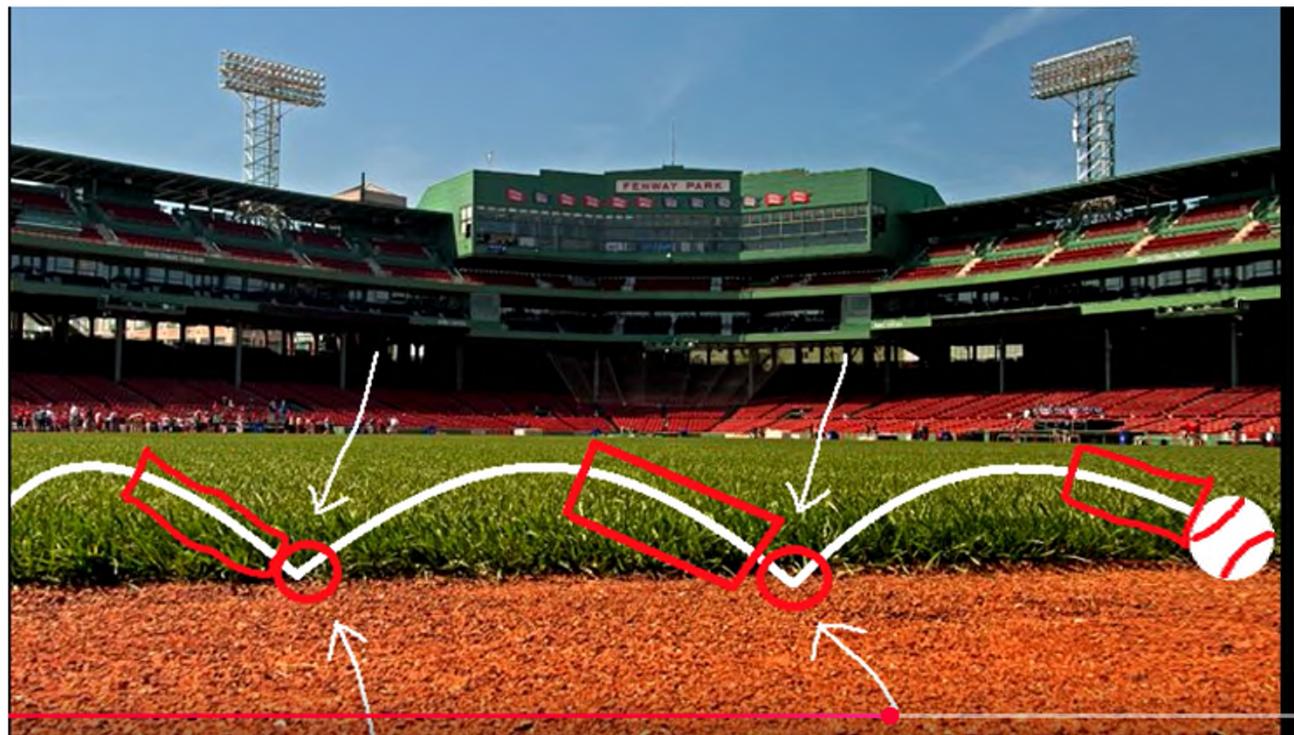
Sources: <https://www.youtube.com/watch?v=67syeQ7njJE>

<https://www.youtube.com/watch?v=z4IX4idpg6I>

<https://probaseballinsider.com/baseball-instruction/forehand-ground-balls/>

Reading hops and when to field the groundball

- Preferably you would like to field the ball on the short hop so that you can attack the ball and take out any bad bounces
 - Can also field the long hop if you can read it
- 3 types of hops:
 1. Short hop
 1. Right after the ball hits the ground
 2. In between / middle hop
 1. NEVER FIELD THIS HOP as the ball is coming up on you and can eat you alive
 3. Long hop
 1. As the ball is coming down
 2. Harder to read



Source: <https://www.youtube.com/watch?v=HsVKh8FT3As>
<https://www.youtube.com/watch?v=1yv-793pMjc>

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How to turn in between hops into short or long hops

- You can turn an in between hop into a short hop or a long hop on your glove or arm side by either attacking the ball or drop stepping

Represents in between hop



Can attack ball to make it a short hop

OR

Can drop step to make it a long hop



Source: <https://www.youtube.com/watch?v=HsVKh8FT3As>
<https://www.youtube.com/watch?v=1yv-793pMjc>

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Making tag plays at 2B or 3B

- Player will play over the base like in the picture
- Looking to catch the ball over the bag so that the player can immediately slap down a tag
 - Do not reach out in front and then swipe diagonally
 - It's much slower to swipe than letting the ball travel
 - Always slap the tag down quickly



Source: <https://www.youtube.com/watch?v=NfWsvlICjs4>

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How runners will slide into bag (standard)

- Players will start their slide early
- While sprinting towards the bag, they will come down gently in a “4” shape
 - Tuck left or right foot under outstretched opposite leg and throw your hands up
- Want toes to be pointing up so that you don't catch/drag a spike
- SLIDE ON YOUR BUTT
 - Do not slide on your side or you can get the raspberries or you have to put your hand down that can injure your hand
 - Try to keep balanced on your butt and put your hands in the air
- Pop up when you get to the base because you might be able to advance if the ball gets away from the player



Source: <https://www.youtube.com/watch?v=4FTCu5Gapes>

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First Base

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Getting to 1st Base to receive the throw (for RH first baseman)



- Player will run directly to 1st base
- Find the bag with your left foot
- Then shuffle your feet and replace your left foot with your right foot
 - Your foot on your throwing hand side should be on bag
- Be in a ready athletic position to see where the ball is coming from
- Stretch towards the direction of the ball
 - Don't stretch too early; wait until you know where the ball headed (could be a bad throw off line or in the dirt)
- Always try to keep your eyes in back of the glove
- If you're left handed thrower, flip everything to other side

Source: <https://www.baseballprospectus.com/news/article/71706/best-of-bp-1000-grounders-what-we-still-dont-know-about-first-base-defense/>
<https://www.youtube.com/watch?v=R1sbhgRzneQ>

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Picking baseballs at first base



- Player will have foot on the bag and stretch and get low to the ball to see the bounce
- Getting the eyes lower helps to see the ball
- The glove action is to start low and then go out and up towards the ball
 - NO SWIPING
 - Attack the baseball
- Easier to back hand a pick than forehand



Source: <https://www.youtube.com/watch?v=BQheyIWsx8Q>
<https://www.mlb.com/video/first-base-gold-glove-demo>

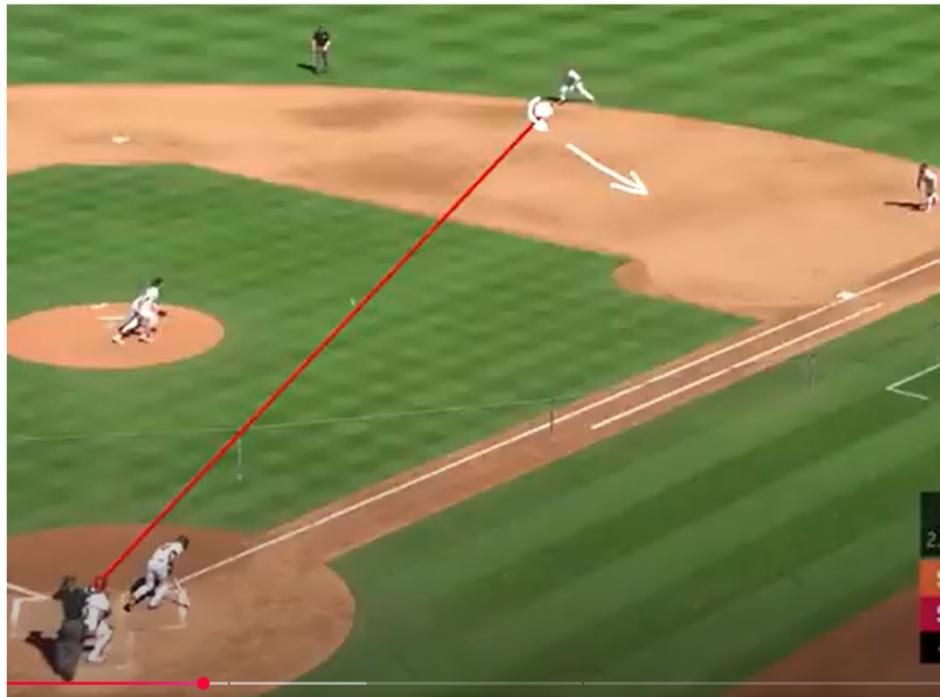
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Right Side of IF (2B)

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Getting to right side of baseball at 2B

- Even at 2B, you want to try to get slightly to the right of the baseball
 - Won't round it as much as shortstop
- Just want to get a little momentum going towards 1B



Source: <https://www.youtube.com/watch?v=oqYFKEqLepk>

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Where 2B should stand to receive baseball to turn 2 from SS or 3B

- 2B will want to have left foot on the back of the base to receive the throw
- Hopefully the throw is accurate and to your chest
 - If the throw is accurate then can step back immediately with right foot to get out of the way of the sliding runner
 - Bounce off the bag to the back and then make a strong throw to first
 - If the throw is not accurate then you will have to step with your right foot towards wherever the misplaced ball is thrown and then will have to make an athletic throw to 1B however you can



Source: https://www.youtube.com/watch?v=Le_KM7jsX3o

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Throwing to SS to turn 2 from second base

- Player will field a groundball
- Then he will turn towards 2B
- The player will flip the ball if he's close enough with a straight arm back and forth motion
- If deeper in the hole, then would have to step back with right foot and turn shoulders and make a throw similar to shortstop



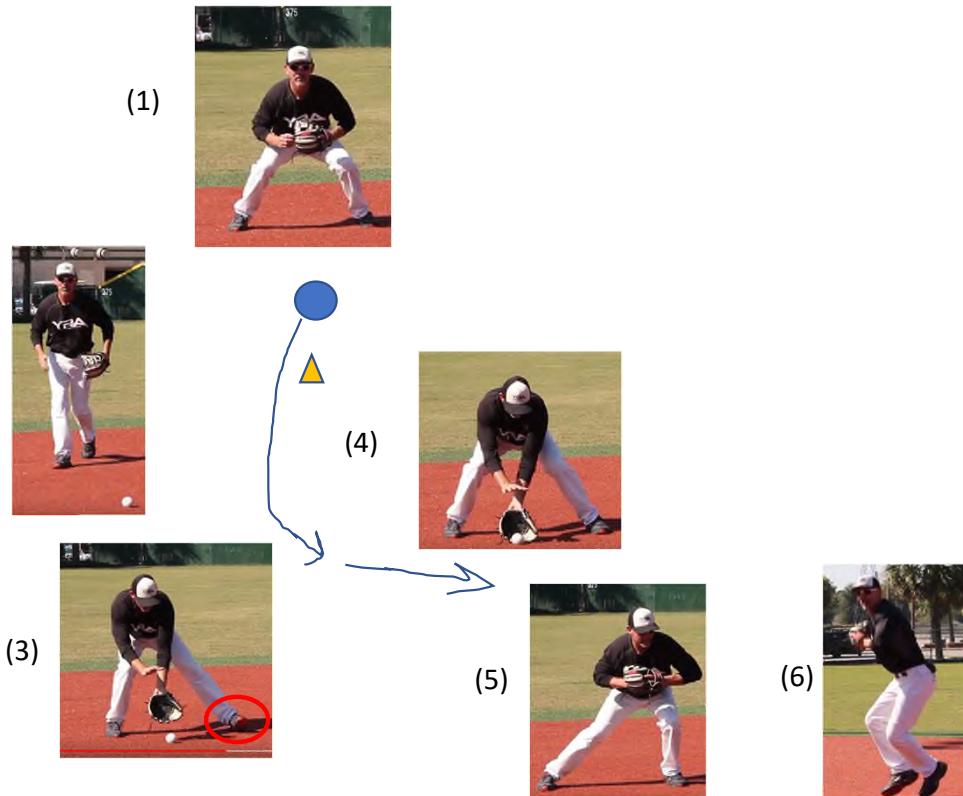
Source: <https://www.youtube.com/watch?v=EmiP1dA48rs>

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Left Side of Infield (SS and 3B)

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Rounding the baseball (only on baseballs you can get to right side of the ball)



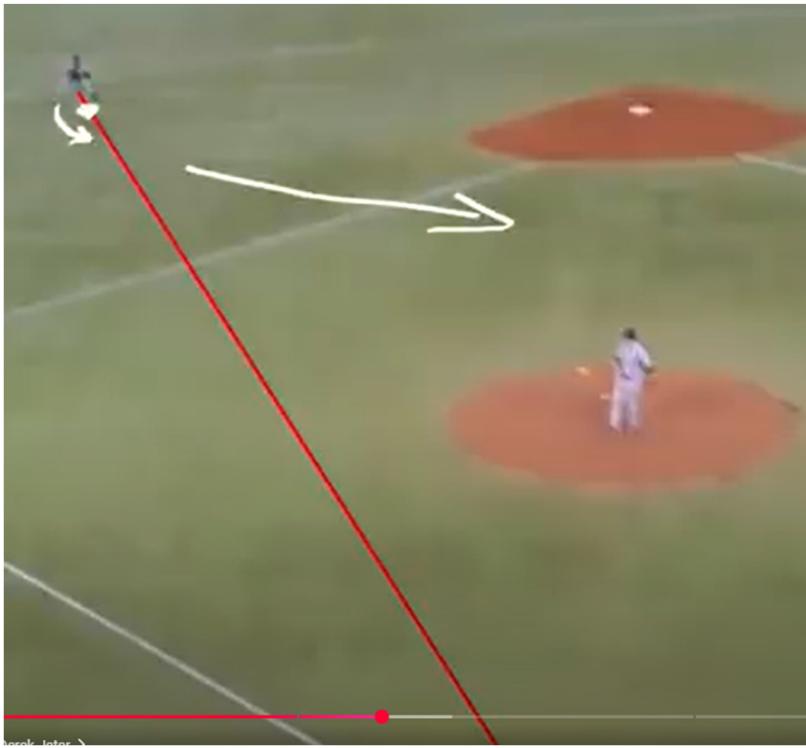
- Player will round the baseball slightly by going a step or 2 to the right of the baseball (maybe just off left ear)
 - Chest should be over toes and judging the ball, don't be too upright or be crunched over
 - Want to get to the right side of the baseball to help read the bounce and get your momentum going towards 1B
- Proper down sequence:
 - As the ball approaches, will proceed to field the ball with a right step, left step, field the ball under the center to slightly left side of chest
 - Start with big steps and then as you get closer to the ball, take smaller steps (helps read the bounces)
 - Will get lower to ground as the ball approaches; present the glove when the ball is ~75% to you
 - **Want to field the ball as your left HEEL hits the ground**
 - Almost like a gas pedal, heel hits first and then onto ball of your foot
 - Field the ball and funnel up to your belly button while keeping your momentum going towards 1B
 - Then can either do a step behind or a shuffle to make strong accurate throw to 1B
 - Close the gap to 1B if possible before making throw
 - Try to keep your momentum going towards 1B if possible

Source: https://www.youtube.com/watch?v=7n_UtUFqJPY

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Getting to right side of baseball at SS

- You want to try to get to the right of the baseball to get that momentum going towards 1B



Source: <https://www.youtube.com/watch?v=oqYFKEqLepk>

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Proper sequencing of fielding groundball at SS



Source: <https://www.youtube.com/watch?v=oqYFKEqLepk>

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Another look at proper sequencing of fielding groundball



Source: <https://www.youtube.com/watch?v=cwF4sQ2sUuU>

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Bare hand slow rolling ground balls

- Player will charge the ball
- Then field the ball opposite of LEFT foot (opposite of glove hand)
 - Allows you to get lower and make a quicker throw to 1B
- Will use whole hand to grab the ball
- Transition to throwing motion by planting right foot and trying to throw at an angle
 - You're not side arming the throw just tilting your shoulders



Source: <https://www.youtube.com/watch?app=desktop&v=pcgWfw7qh3g>

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Where SS should stand to receive baseball to turn 2 from 2B or 1B

- SS will be running towards second base
- SS will want to have right foot hit the back edge of second base as you receive the ball
- After you receive the ball, you will want to continue past the bag to get out of the runner's way
- Then get your feet under you to make a strong throw to first
- If the throw is not accurate from 2B or 1B
 - You will have to adjust your feet to catch the ball and then will have to improvise and try to make an athletic throw to 1B



Source: <https://www.youtube.com/watch?v=FHvAbpmHt0M>

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Throwing to 2B to turn 2 from SS or 3B

- After fielding groundball, player will step slightly to the left and turn slightly while staying low in the legs and throw to 2B
- The player wants to hit the player in the chest (2B will be playing in back of second base) to try to turn a double play
- If SS is closer to second base, then player could do a flip



Source: https://www.youtube.com/watch?v=ATXT2j_jEwM

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Infield Throwing Mechanics

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Infield Throwing Mechanics

THE INFIELDER'S THROWING CHECKPOINT

Firm believer in getting to this position/checkpoint during NON-THROWING drills & circuits. Forces the need for a transfer while helping ingrain the following four throwing attributes...

Healthy Arm Action
Throwing hand & ball ABOVE shoulder

Compact & Efficient Arm Action
Short arm stroke via a tight "V"

Downhill Throws
Front side cleared & down

Alignment
Feet, lead shoulder, and EYES locked in on target

Source: <https://x.com/allstarstlouis/status/795319080488239105?lang=pl&mx=2>

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Catching the Ball

- Francisco Lindor watching ball into the glove
- He's staying low and in his legs



Source: <https://www.youtube.com/watch?v=YbXHyR4ipGo>

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Gather and SET POSITION

- After you field the ball, gather the ball
- Stay low and in your legs
- Bring the ball to the middle of your chest for balance (important that it's not left or right of middle of chest)
- If you rounded the ball properly, you can take a couple of shuffles if you have time to close the gap to first base
 - Takes some of the strain off your arm



Source: <https://www.youtube.com/watch?v=YbXHyR4ipGo>

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Hand Separation

- Hands and glove separate, front foot off ground about to step
- Do not need to point glove straight at target rather keep it closer to you so you can just rotate
- Pull arm back and across your chest
 - You should break THUMBS DOWN which should make it easier to get into a good throwing position
- You do NOT want to bring the ball down in a looping fashion or else that creates too long of an arm action (keep the arm action short)
 - Antonelli says “think about a bunch of water and the ball should never go into the water”
- Keep the angle in your back elbow at 45 - 90 degrees, don't let it fly out to the back
 - Forearm will start to come up to your right ear
 - Keep inside arm path



Source: <https://www.youtube.com/watch?v=YbXHyR4ipGo>

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At Foot Touch

- See how the throwing elbow is still cocked and the angle is less than 90 degrees at foot touch (probably closer to 45 degrees)
 - Ball is closer to his right ear
- Hip starts to open while arm is still back
- Glove side is coming down towards left hip which helps keep shoulders level



Source: <https://www.youtube.com/watch?v=YbXHyR4ipGo>

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Just throwing after that

- After foot touch, just let the ball fly
 - Ok to throw $\frac{3}{4}$ to low $\frac{3}{4}$ arm slot (which is almost sidearm)
- Don't dip or lean to the left thinking you're going to get more velocity
 - Do not yank the head OR shoulders to the left



Source: <https://www.youtube.com/watch?v=YbXHyR4ipGo>

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Outfield Fielding

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Catching a fly ball

- Once you run to the spot of the fly ball, try to position yourself behind the baseball (then you can come forward as you catch it so you have momentum going towards the infield)
 - If possible, try to catch the ball slightly on your throwing side so it is close to your throwing hand
 - Faster to get the ball out
- Gauging a fly ball (using the brim of your hat technique)
 - If the ball is AT or BELOW the brim of your hat and you don't have to look up at all, mostly likely you can freeze and read where the ball is and can probably come forward (most likely the ball will land in front of you)
 - If the ball is ABOVE your brim and you have to look up, then you should probably take a drop step back because the ball will be high and then you can adjust accordingly



Source: <https://www.youtube.com/watch?v=WdbqY-gINxA>
<https://www.youtube.com/watch?v=rWp9h8X6kEc>

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Drop step (first step) in the outfield if ball is hit over your head



- If the ball is hit over your head; your first step (drop step) is very important, no wasted steps
- Turn your hips back to start getting to the ball
- Beat the ball to the spot so run hard
 - Don't drift to the ball
- Get behind the ball and work forward to get momentum going forward to make a throw
- Take good angles to balls based on your speed and athleticism
 - Just takes practice



Source: <https://www.youtube.com/watch?v=WdbqY-gINxA>

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Glove side slow rolling ground balls for Infield and Outfield

- Player will charge the ball
- Then field the ball off the LEFT foot with your glove
- Transition ball from glove to hand quickly



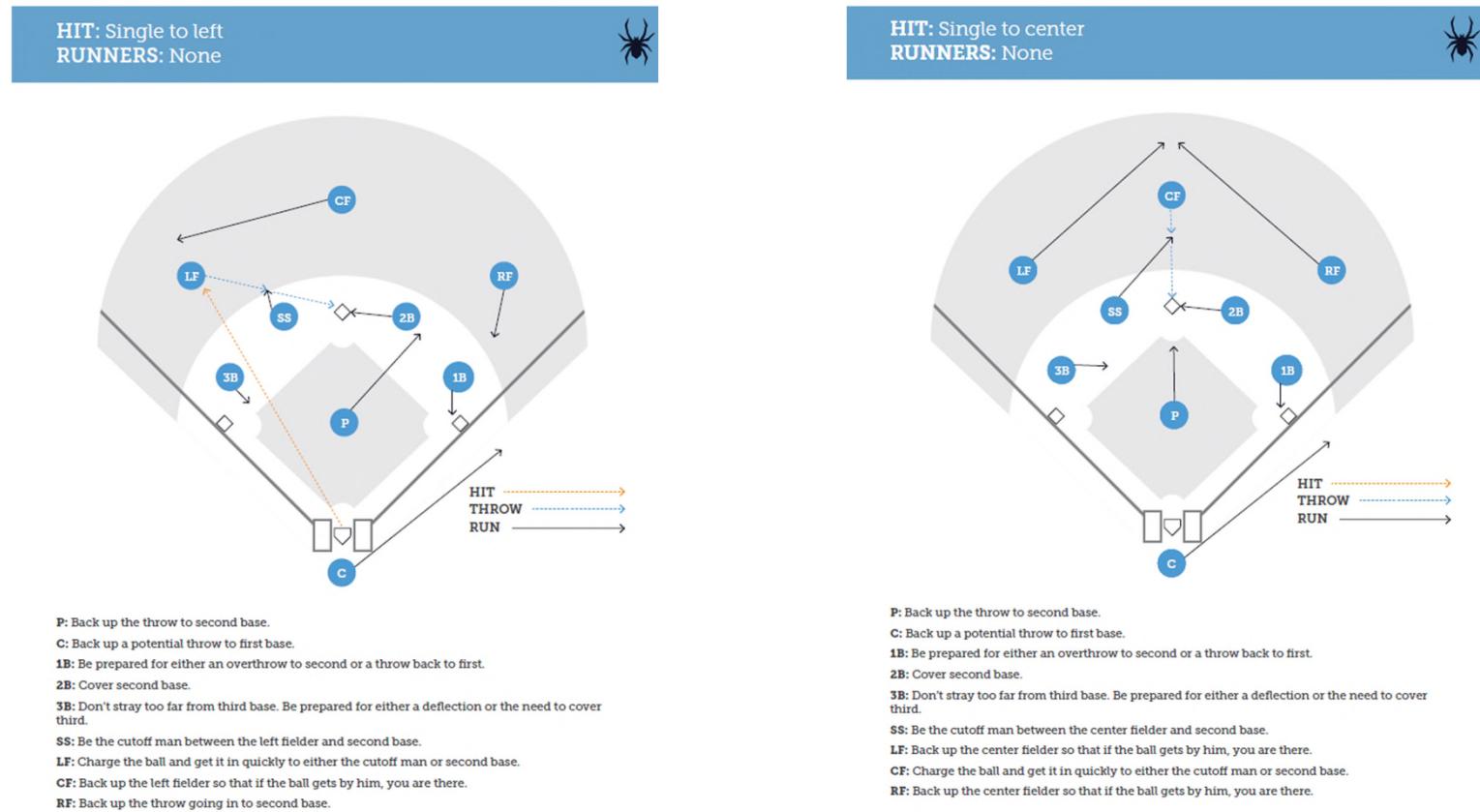
Source: https://www.siouxempirebaseball.org/news_article/show/889764

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Cutoff Responsibilities

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Cutoff Responsibilities Scenarios

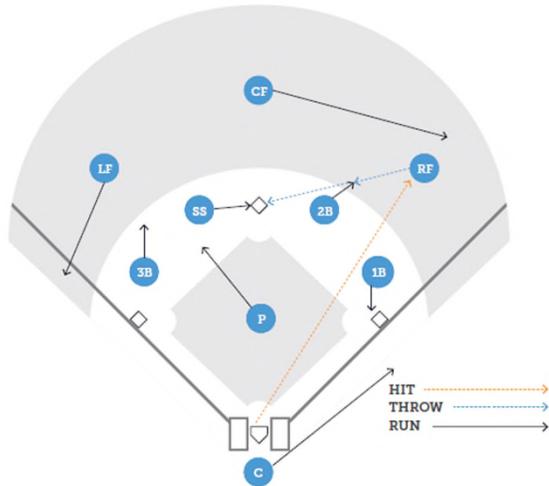


Source: <https://spiderselite.com/>

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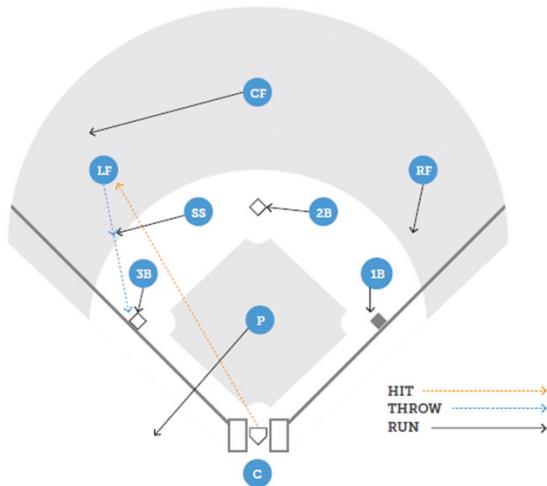
Cutoff Responsibilities Scenarios

HIT: Single to right
RUNNERS: None



P: Back up the throw to second base.
C: Back up a potential throw to first base from either second base or right field.
1B: Be prepared for a throw to first base from either second base or right field.
2B: Be the cutoff man between the right fielder and second base.
3B: Don't stray too far from third base. Be prepared for either an overthrow of second base or the need to cover third.
SS: Cover second base.
LF: Move into foul territory approaching third base to back up a throw to second.
CF: Back up the right fielder so that if the ball gets by him, you are there.
RF: Charge the ball and get it in quickly to either the cutoff man or second base.

HIT: Single to left
RUNNERS: 1B only



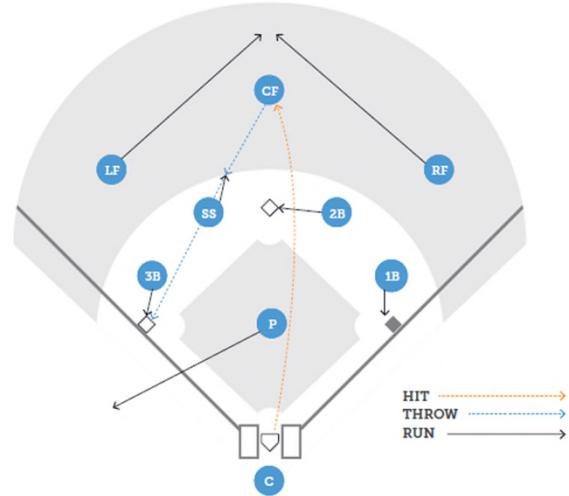
P: Move into foul territory and back up the throw to third base.
C: Remain home.
1B: Be prepared for a throw back to first.
2B: Cover second base in the event the runner retreats.
3B: Cover third base.
SS: Be the cutoff man between the left fielder and third base.
LF: Charge the ball and get it in quickly and make a strong throw to either the cutoff man or third base.
CF: Back up the left fielder so that if the ball gets by him, you are there.
RF: Back up the area behind second base in case of a throw to second and deflection.

Source: <https://spiderselite.com/>

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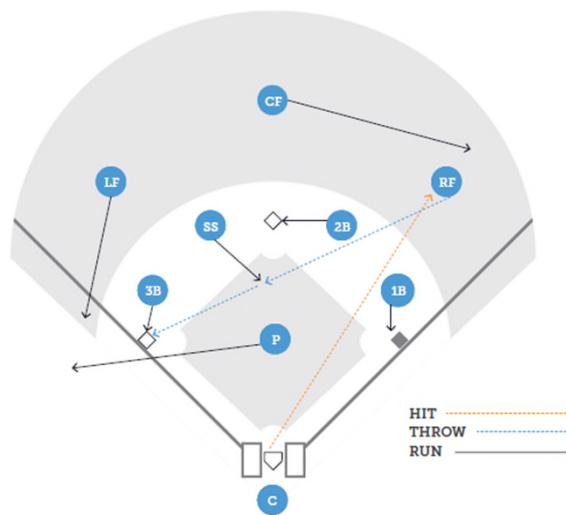
Cutoff Responsibilities Scenarios

HIT: Single to center
RUNNERS: 1B only



P: Move into foul territory and back up the throw to third base.
C: Remain home.
1B: Be prepared for a throw back to first.
2B: Cover second base in the event the runner retreats.
3B: Cover third base.
SS: Be the cutoff man between the center fielder and third base.
LF: Back up the center fielder so that if the ball gets by him, you are there.
CF: Charge the ball and make a strong throw to either the cutoff man or third base.
RF: Back up the center fielder so that if the ball gets by him, you are there.

HIT: Single to right
RUNNERS: 1B only



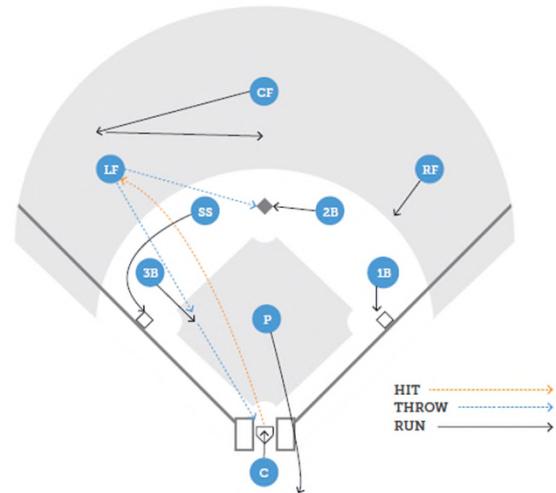
P: Move into foul territory to back up the throw to third base.
C: Remain home.
1B: Be prepared for a throw back to first.
2B: Cover second base in the event the runner retreats.
3B: Cover third base.
SS: Be the cutoff man between the right fielder and third base.
LF: Move into foul territory approaching third base to back up a throw to third.
CF: Back up the right fielder so that if the ball gets by him, you are there.
RF: Charge the ball and make a strong throw to either the cutoff man or third base.

Source: <https://spiderselite.com/>

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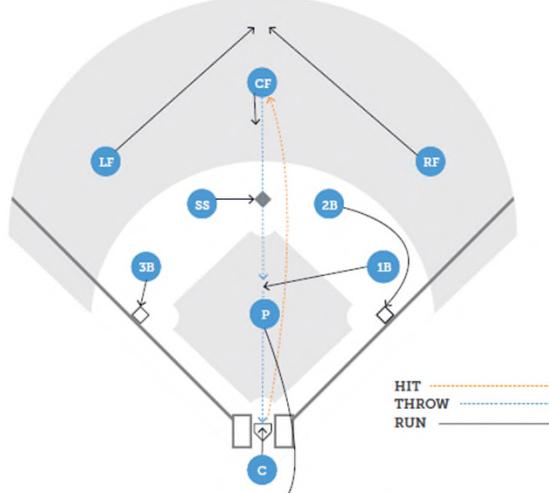
Cutoff Responsibilities Scenarios

HIT: Single to left
RUNNERS: 2B only



P: Move into foul territory behind the catcher to back up the throw home.
C: Remain home, ready for a throw to the plate. Be prepared for the batter to move from first to second on the throw.
1B: Be prepared for a throw back to first.
2B: Cover second base in the event the batter advances to second following a throw home.
3B: Be the cutoff man between the left fielder and home plate.
SS: Cover third base.
LF: Charge the ball and make a strong throw. If there is a play at home, make the throw to the plate. If the runner will score easily, throw to second base.
CF: Back up the left fielder on the hit. Once the throw is made, back up second base.
RF: Move into a potential backup position behind first or second base.

HIT: Single to center
RUNNERS: 2B only



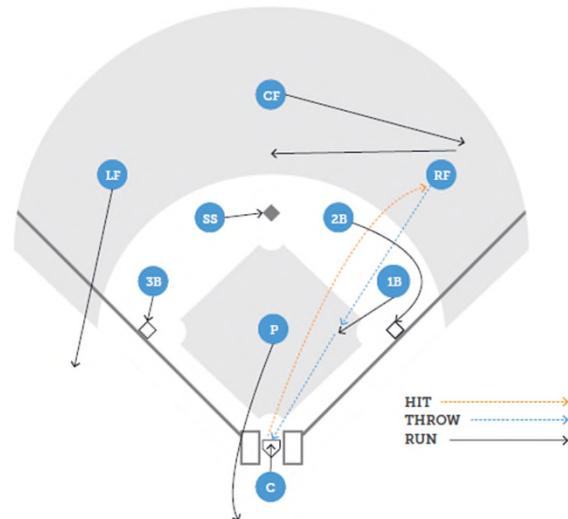
P: Move into foul territory behind the catcher to back up the throw home.
C: Remain home, ready for a throw to the plate. Be prepared for the batter to move from first to second on the throw.
1B: Be the cutoff man immediately behind the mound between the center fielder and home plate.
2B: Cover first base. Be prepared for a possible throw from the cutoff man or the catcher.
3B: Cover third base. Be prepared for a throw to third if the runner retreats.
SS: Cover second base in the event the batter advances to second following a throw home.
LF: Back up the center fielder so that if the ball gets by him, you are there.
CF: Charge the ball and make a strong throw. If there is a play at home, make the throw to the plate. If the runner will score easily, throw to second base. Back up second following the throw.
RF: Back up the center fielder so that if the ball gets by him, you are there.

Source: <https://spiderselite.com/>

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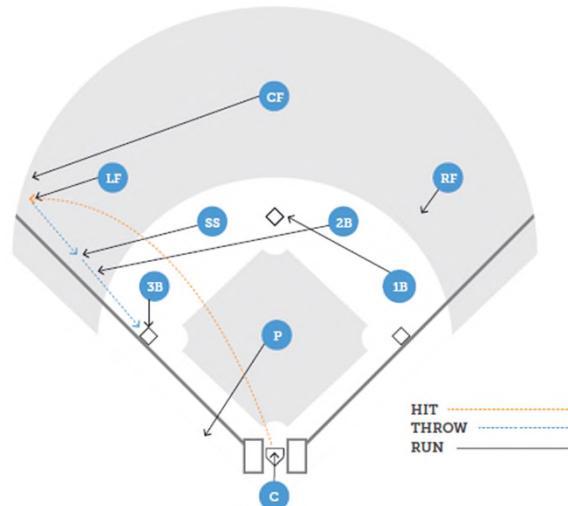
Cutoff Responsibilities Scenarios

HIT: Single to right
RUNNERS: 2B only



P: Move into foul territory behind the catcher to back up the throw home.
C: Remain home, ready for a throw to the plate. Be prepared for the batter to move from first to second on the throw.
1B: Be the cutoff man between the right fielder and home plate.
2B: Cover first base. Be prepared for a possible throw from the cutoff man or the catcher.
3B: Cover third base. Be prepared for a throw to third if the runner retreats.
SS: Cover second base in the event the batter advances to second following a throw home.
LF: Move into foul territory approaching third base to back up a throw to third.
CF: Back up the right fielder on the hit. Back up second base after the throw.
RF: Charge the ball and make a strong throw. If there is a play at home, make the throw to the plate. If the runner will score easily, throw to second base.

HIT: Extra bases to left
RUNNERS: None or 1B open



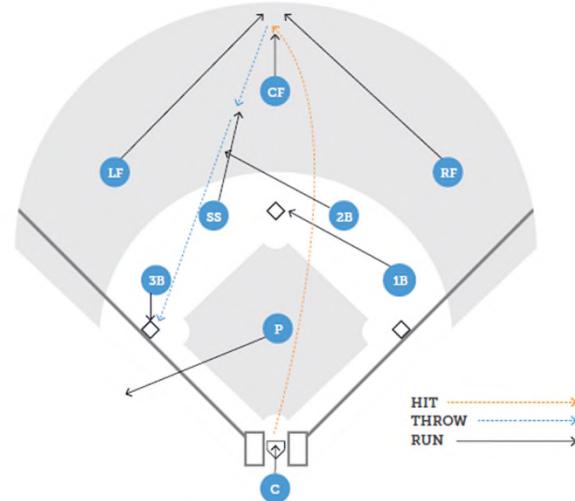
P: Move into foul territory to back up a throw to third base.
C: Remain home, ready for a throw to the plate.
1B: Once it's a clear extra base hit and middle infielders break for the outfield, cover second base.
2B: If the ball gets by the outfields, head for the outfield to be a second cutoff man to play anything that gets through the shortstop. Also communicate with the shortstop about the throw.
3B: Cover third base.
SS: If the ball gets by the outfields, head for the outfield to be the first cutoff man to make a relay throw to third base.
LF: Attempt to cut off the ball before it gets by. Make a strong throw to the cutoff man to prevent the batter from advancing to third or to get the out.
CF: Back up the left fielder on the hit. Track the play to communicate where the throw will go.
RF: Back up second base in the event of a throw from the cutoff man.

Source: <https://spiderselite.com/>

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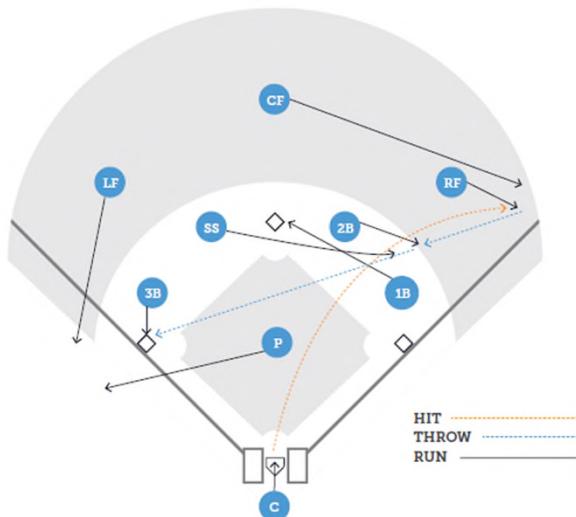
Cutoff Responsibilities Scenarios

HIT: Extra bases to center
RUNNERS: None or 1B open



P: Move into foul territory to back up a throw to third base.
C: Once it's a clear extra base hit, remain home, ready for a throw to the plate.
1B: Once it's a clear extra base hit and middle infielders break for the outfield, cover second base.
2B: If the ball gets by the outfielders, head for the outfield to be a second cutoff man to play anything that gets through the shortstop. Also communicate with the shortstop about the throw.
3B: Cover third base.
SS: If the ball gets by the outfielders, head for the outfield to be the first cutoff man to make a relay throw to third base.
LF: Back up the center fielder on the hit. Track the play to communicate where the throw will go.
CF: Attempt to cut off the ball before it gets by. Make a strong throw to the cutoff man to prevent the batter from advancing to third or to get the out.
RF: Back up the center fielder on the hit. Track the play to communicate where the throw will go.

HIT: Extra bases to right
RUNNERS: None or 1B open

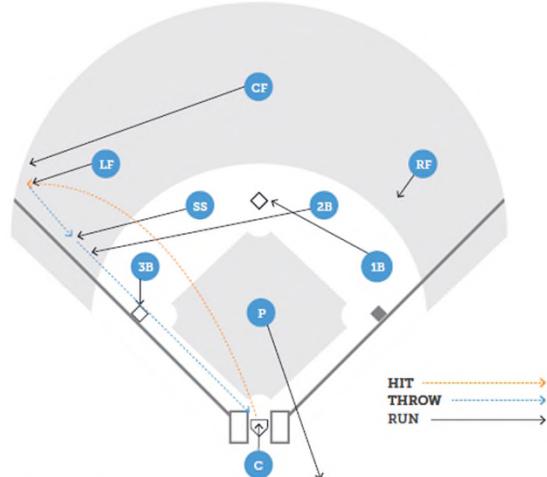


P: Move into foul territory to back up a throw to third base.
C: Once it's a clear extra base hit, remain home, ready for a throw to the plate.
1B: Once it's a clear extra base hit and middle infielders break for the outfield, cover second base.
2B: If the ball gets by the outfielders, head for the outfield to be the first cutoff man to make a relay throw to third base.
3B: Cover third base.
SS: If the ball gets by the outfielders, head for the outfield to be a second cutoff man to play anything that gets through the second baseman. Communicate with the 2B about the throw.
LF: Head for foul territory to back up anything thrown from the outfield to third base.
CF: Back up the right fielder on the hit. Track the play to communicate where the throw will go.
RF: Attempt to cut off the ball before it gets by. Make a strong throw to the cutoff man to prevent the batter from advancing to third or to get the out.

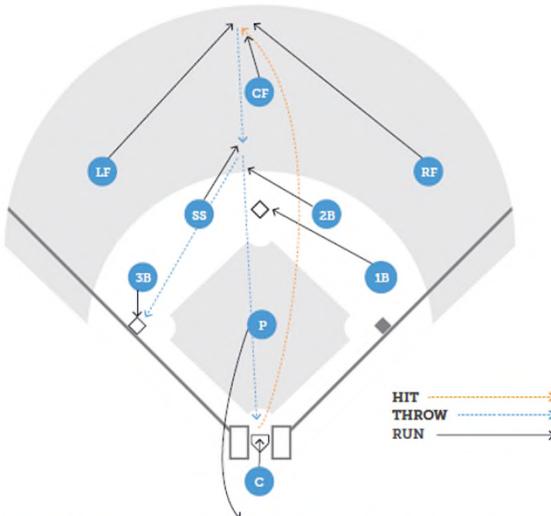
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Cutoff Responsibilities Scenarios



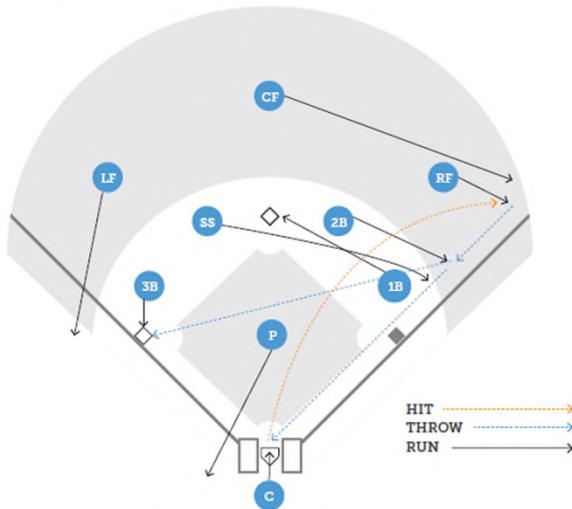
P: Move into foul territory, slightly to the first base side, to back up a throw home.
 C: Remain home, ready for a throw to the plate.
 1B: Once it's a clear extra base hit and middle infielders break for the outfield, cover second base.
 2B: If the ball gets by the outfields, head for the outfield to be a second cutoff man to play anything that gets through the shortstop. Also communicate with the shortstop about the throw.
 3B: Cover third base.
 SS: If the ball gets by the outfields, head for the outfield to be the first cutoff man to make a relay throw to home or third base, depending on where there's a play.
 LF: Attempt to cut off the ball before it gets by. Make a strong throw to the cutoff man to prevent the batter from advancing to third or to get the out at home or third.
 CF: Back up the left fielder on the hit. Track the play to communicate where the throw will go.
 RF: Back up second base in the event of a throw from the cutoff man.



P: Move into foul territory to back up a throw home, slightly to 3B side to back up 3B if necessary.
 C: Remain home, ready for a throw to the plate.
 1B: Once it's a clear extra base hit and middle infielders break for the outfield, cover second base.
 2B: If the ball gets by the outfields, head for the outfield to be a second cutoff man to play anything that gets through the shortstop. Also communicate with the shortstop about the throw.
 3B: Cover third base.
 SS: If the ball gets by the outfields, head for the outfield to be the first cutoff man to make a relay throw to either home plate (to get the runner) or third base (to get the batter).
 LF: Back up the center fielder on the hit. Track the play to communicate where the throw will go.
 CF: Attempt to cut off the ball before it gets by. Make a strong throw to the cutoff man to prevent the batter from advancing to third or to get the out at home or third.
 RF: Back up the center fielder on the hit. Track the play to communicate where the throw will go.

Cutoff Responsibilities Scenarios

HIT: Extra bases to right
RUNNERS: Runner on 1B



P: Move into foul territory behind the plate on the third base side to back up a throw home.
C: Remain home, ready for a throw to the plate.
1B: Once it's a clear extra base hit and middle infielders break for the outfield, cover second base.
2B: If the ball gets by the outfielders, head for the outfield to be the first cutoff man to make a relay throw to either home plate (to get the runner) or third base (to get the batter).
3B: Cover third base.
SS: If the ball gets by the outfielders, head for the outfield to be a second cutoff man to play anything that gets through the second baseman. Also communicate with the 2B about the throw.
LF: Head for foul territory to back up anything thrown from the outfield to third base.
CF: Back up the right fielder on the hit. Track the play to communicate where the throw will go.
RF: Attempt to cut off the ball before it gets by. Make a strong throw to the cutoff man to prevent the batter from advancing to third or to get the out at home or third.

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