

Fielding Mechanics:

Infielders should learn to play catch with infielders. They should learn to move the feet and catch the ball with two hands. Playing catch is the most important thing baseball players can do. There are many players who make a team because they can play defense.

Fielding Progression:

Regular Fielding

1. Right, left, field-Right, Left, Throw
 - a. shadow drill
 - b. stationary ball
 - c. rolling ball
 - d. ground ball

Backhands:

1. Out, Up, and In
 - a. Field it off the front foot
 - b. Cherry picking motion

Diving Plays:

1. Start at Knee Position
 - a. left side
 - b. right side

* Gather to feet by using both hands to get up.

Pop ups:

1. Drop step
 - a. left
 - b. right
 - c. straight back

Double Plays:

1. Feeds-2nd base
 - a. near base
 - b. medium range
 - c. In the 1st/2nd hole-back to infield
2. Feeds-SS
 - a. near base
 - b. medium range
 - c. deep in the hole
3. Pivots-2nd *Remember to always use the left foot.
 - a. come across, step back, behind