

1st Base

Accepting Throws

- when the ball is hit, if it is not to you, go to 1st base and get ready for a throw from whoever fields the ball
- make sure you are facing the player who is going to throw the ball
- as the player throws the ball, try to tell if it is going to be to you or if you are going to have to move to stop it from going past you

Shifting

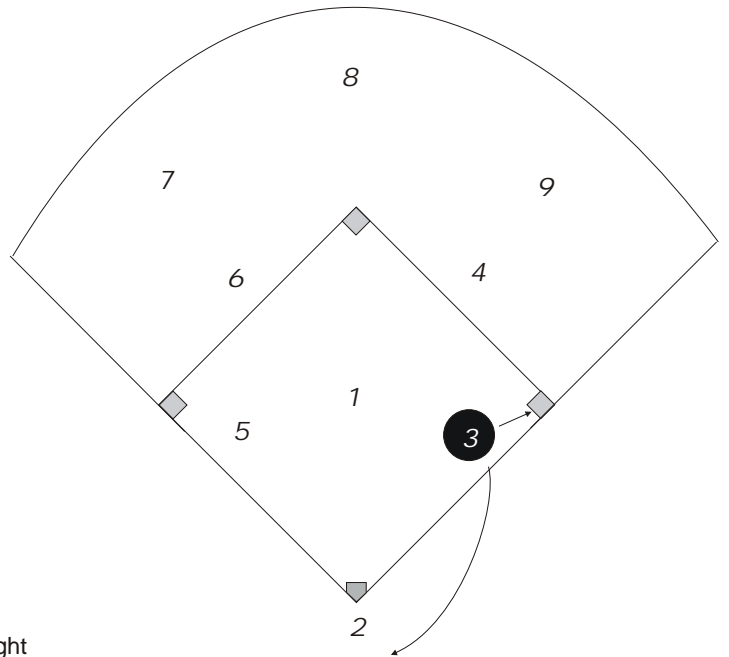
- if the ball is coming from the second base player or the right fielder, make sure your foot is on that side of the base so you can be square
- if the ball is coming from the catcher or the pitcher or the 3rd base player, make sure your foot is on that side of the base to take the throw
- if the throw is coming from the short stop, make sure you are touching the corner of the base to take the throw

Fielding Balls

- if a ground ball is hit where you can field it, make sure you field it right away
- when you field the ball, turn and check to make sure someone is at 1st base to take the throw
- throw or toss the ball to that player

Backing up Home Plate

- if a runner is going to run to home plate to score, go behind the catcher in case the ball goes past her
- stand 5 feet behind her facing the person who is throwing the ball



2nd Base

Accepting Throws at 1st base

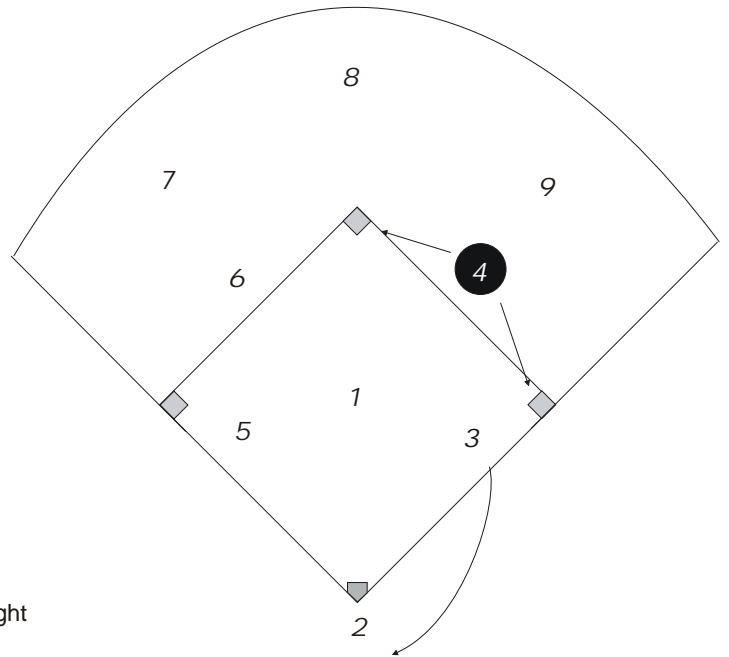
- when the ball is hit, if the 1st base player is, going to get it, go to 1st base and get ready for a throw from the 1st base player
- make sure you are facing the player who is going to throw the ball
- as the player throws the ball, try to tell if it is going to be to you or if you are going to have to move to stop it from going past you

2nd Base

- if the ball is hit on the side of the short stop, you go to 2nd base and get ready to accept a throw with a runner on 1st base
- if the ball is hit on your side of the field, the short stop goes to 2nd to get ready to take a throw with a runner on 1st base
- if the ball is hit right up the middle, you go to 2nd base to get ready to take a throw

Fielding Balls

- if a ground ball is hit where you can field it, make sure you field it right away and throw or toss it to 1st base to get her out
- if a ground ball is hit to you with a runner on 1st base, field it right away and throw or toss it to the short stop at 2nd base



3rd Base

Accepting Throws

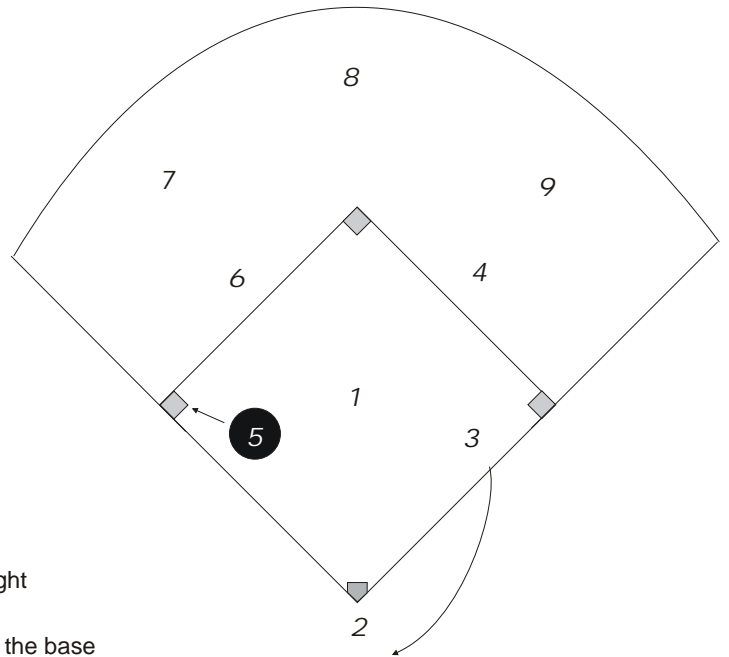
- when the ball is hit, if it is not to you, go to 3rd base and get ready for a throw from whoever fields the ball if there are runners on first and 2nd base
- make sure you are facing the player who is going to throw the ball
- as the player throws the ball, try to tell if it is going to be to you or if you are going to have to move to stop it from going past you

Cutting of the throw

- if the ball is coming from the outfield and a runner has passed 3rd base and is going home, line up with home plate and the person throwing the ball in
- if someone says cut! catch the ball and hold it so that no more runners can go anywhere
- then give the ball to the pitcher

Fielding Balls

- if a ground ball is hit where you can field it, make sure you field it right away and throw it to the base where it is supposed to go
- when you field the ball, turn and check to make sure someone is at the base that you want to throw to, so they can catch the ball
- throw or toss the ball to that player



Short Stop

Accepting Throws at 3rd base

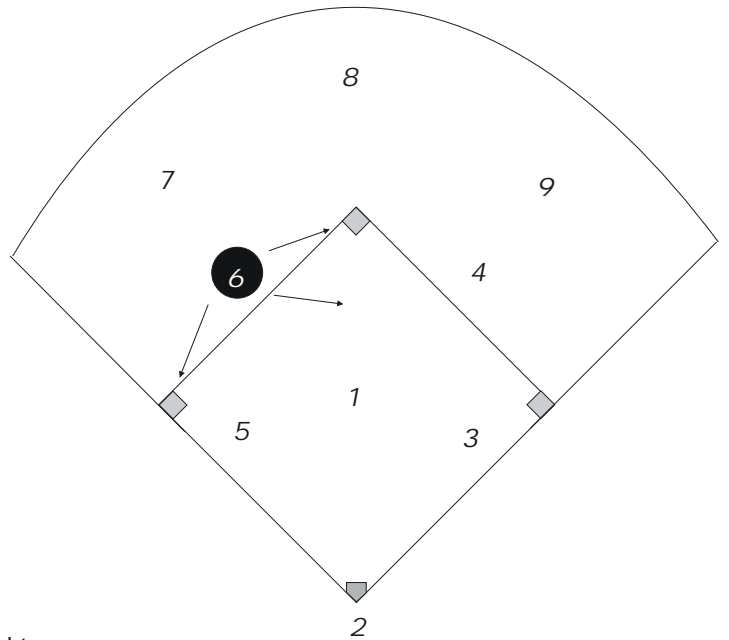
- when the ball is hit, if the 3rd base player is going to get it, with runners at 1st and 2nd, go to 3rd base and get ready for a throw from the 3rd base player
- make sure you are facing the player who is going to throw the ball
- as the player throws the ball, try to tell if it is going to be to you or if you are going to have to move to stop it from going past you

2nd Base

- if the ball is hit on the side of the 2nd base player, you go to 2nd base and get ready to accept a throw with a runner on 1st base
- if the ball is hit on your side of the field, the 2nd base player goes to 2nd to get ready to take a throw with a runner on 1st base
- if the ball is hit right up the middle, the 2nd base player goes to 2nd base to get ready to take a throw

Fielding Balls

- if a ground ball is hit where you can field it, make sure you field it right away and throw it to 1st base to get her out
- if there is a runner at 1st base, throw or toss it to the player at 2nd base
- if there are runners at 1st and 2nd base, throw or toss it to the player at 3rd base
- when there are runners on base, always be ready if the ball goes past the pitcher when the catcher throws it back to her
- you need to get the ball right away and give it to her so that any runners do not go to the next base



Left Field

Backing up the Center Fielder

- if the ball is hit to the center field, with no runners on base, you need to get over to help her in case the ball gets past her so that it can back to the infield as soon as possible
- as soon as the ball is hit, you need to run in that direction right away so that you are there in case she needs you

Backing up 3rd base

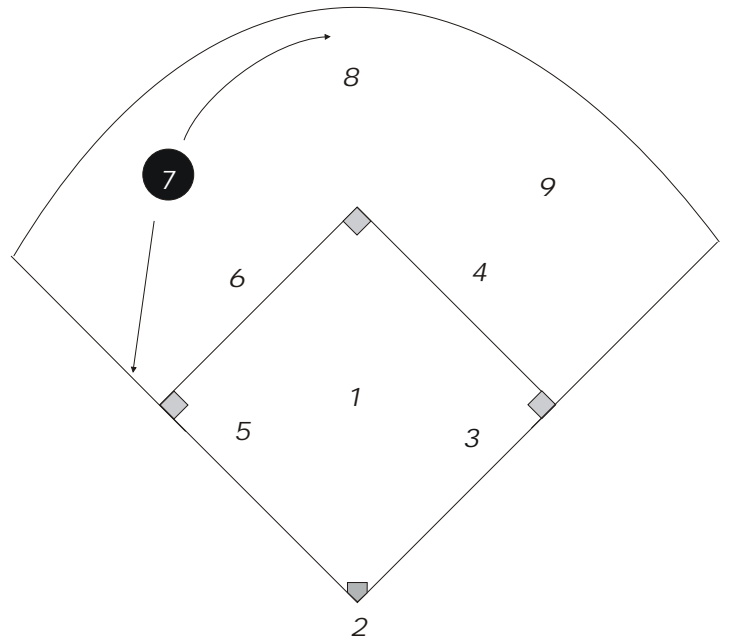
- if the ball is hit to the right side with a runner on 1st base, you need to be ready to back up 3rd base in case they need to throw the ball there
- run to the foul side of 3rd base so you are ready in case the ball gets past her so you can stop it from going any further

Backing up 2nd base

- if there are no runners on base and the ball is hit to the right side of the field, you need to be ready to back up 2nd base for when they throw the ball there

Fielding the ball

- you need to be ready if the ball gets past the short stop or 3rd base player so that you can get it right away
- you can get an out at 2nd or 3rd base if you are quick to the ball
- you are an extra infielder
- if there is a fly ball, and you can catch it, you can tell the infielder that you will catch it so they do not have to try to move backwards to get it



Center Field

Backing up the Left Fielder

- if the ball is hit to the left field, you need to run over to help her in case the ball gets past her so that it can get back to the infield as soon as possible
- as soon as the ball is hit to her, you need to run in that direction right away so that you are there in case she needs you to help her

Backing up the Right Fielder

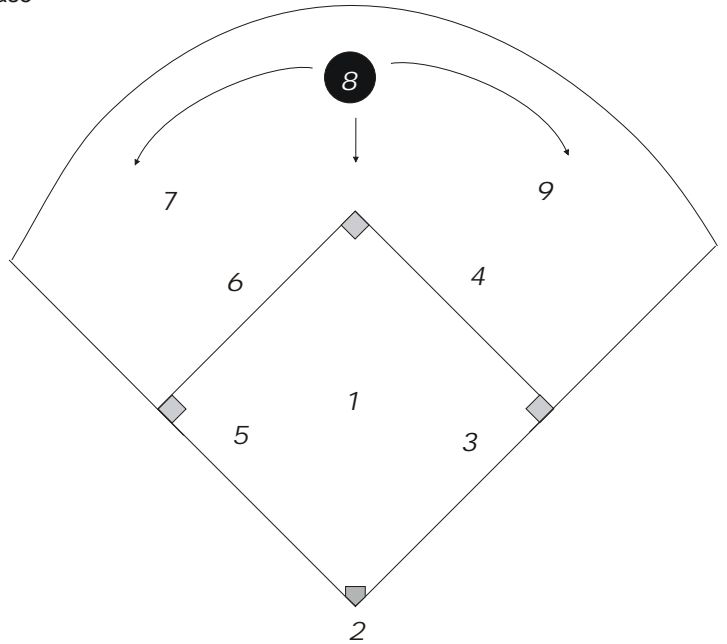
- if the ball is hit to the right field, you need to run over to help her in case the ball gets past her so that it can get back to the infield as soon as possible
- as soon as the ball is hit to her, you need to run in that direction right away so that you are there in case she needs you to help her

Backing up 2nd base

- if there is a runner on 1st base and she is going to steal, you need to back up the short stop who will be at 2nd base for the catcher to throw the ball
- get ready about 5 feet behind her in case it gets past her

Fielding the ball

- you need to be ready if the ball gets past the short stop or 2nd base player so that you can get it right away
- you can get an out at 2nd base if you are quick to the ball and there is a runner at 1st base
- you are an extra infielder
- if there is a fly ball, and you can catch it, you can tell the infielder that you will catch it so they do not have to try to move backwards to get it
- if there is a fly ball and you can catch it instead of the left or right fielder, you can tell them that you have it
- same with a ground ball, they will back you up



Right Field

Backing up the Center Fielder

- if the ball is hit to the center field, with a runner on 1st base, you need to get over to help her in case the ball gets past her so that it can back to the infield as soon as possible
- as soon as the ball is hit to her, you need to run in that direction right away so that you are there in case she needs you to help her

Backing up 2nd base

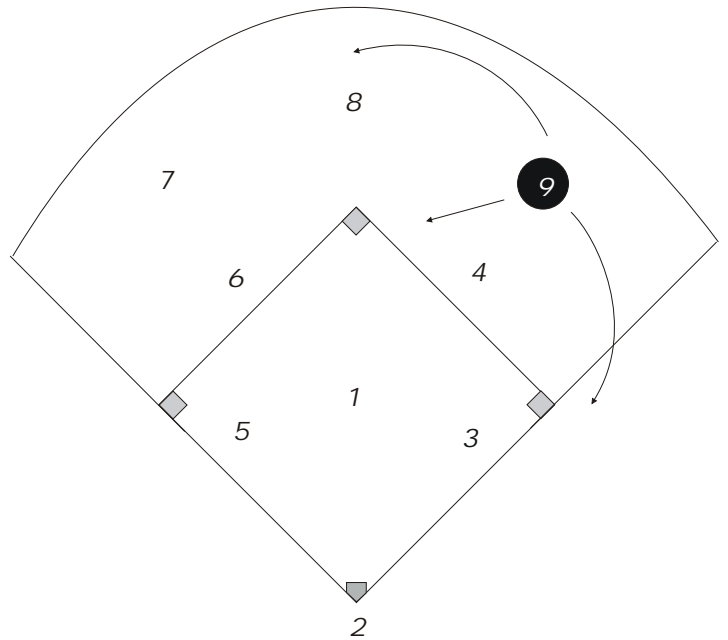
- if the ball is hit to the left side with a runner on 1st base, you need to be ready to back up 2nd base in case they need to throw the ball there

Backing up 1st base

- if there are no runners on base and the ball is hit to an infielder you need to be ready to back up 1st base for when they throw the ball there
- run to the foul side or behind the first base player in case the ball gets past her and you can stop it

Fielding the ball

- you need to be ready if the ball gets past the 2nd base or 1st base player so that you can get it right away
- you can get an out at 2nd or 1st base if you are quick to the ball
- you are an extra infielder
- if there is a fly ball, and you can catch it, you can tell all the infielder that you will catch it so they do not have to try to move backwards to get it



Pitcher

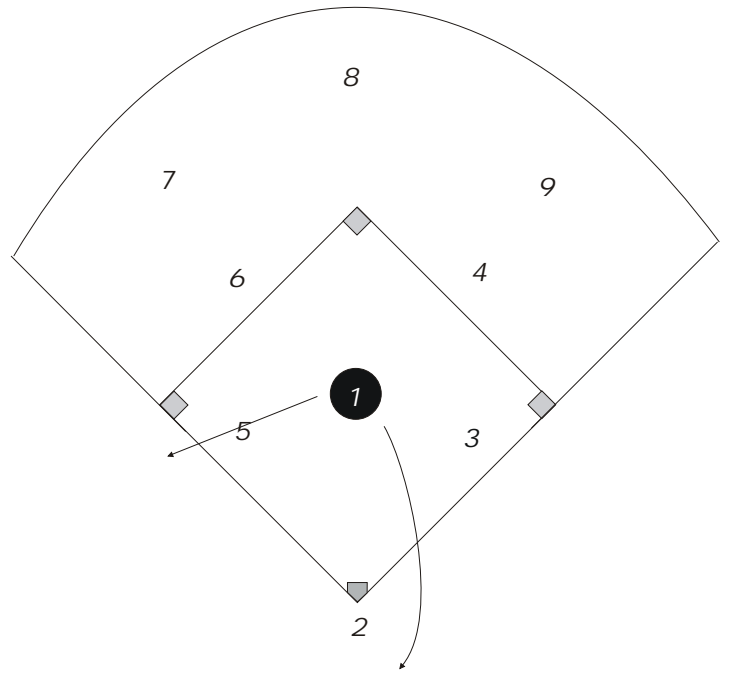
- your most important job is to pitch strikes to the batter

Backing up 3rd Base

- if there is a runner going around 3rd base, you need to go to the foul side of the base path between home and 3rd base
- you need to make sure if the ball gets past the 3rd base player, you will stop it from going any further than where you are

Backing up Home Plate

- if there is a runner at 2nd
- if there are bases loaded
- if there are runners at 1st & 2nd
- if there is a runner at 3rd



Catcher

Catching Position

- position square to the pitcher
- always try to receive the pitch in the center of the body
 - move the body if you have to
- hold your arms out just in front of your body with a big glove target
- watch the ball all the way into the glove
- then let the arms cushion the ball

Blocking pitches

- drop down on both knees, keeping your upper body upright
- stay over the ball to keep it close to your body
- keep your eye on the ball the whole time until it is in your hand
- when pitches are in the dirt to your side, shuffle that side keeping your body in front of the ball

Throwing the ball

- focus first on getting the ball from the pitcher
- when you get the ball, shift your weight to your throwing side and bring the ball up to throw
- step towards the target as you would to throw
- throw quickly and hard with the snap of the wrist

Tagging a Runner

- stand just in the front half of home plate facing 3rd base
- wait for the ball to get to you
- if the ball is going away from you to the side, leave the home plate and get the ball first
- when you catch the ball, move the ball (inside the glove with your hand holding it) toward the runner
- if you do not tag her, keep your head up because you have the ball and can stop any other runners from going to the next base

Backing up 1st base

- when there are no runners on base, if the ball is hit to the infield, run up and back up 1st base behind her

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