

- INFIELD PLAY CHEAT SHEET -

Good **FIELDING TECHNIQUE** and the proper **MENTAL APPROACH** are the keys to consistent infield play. **Good FIELDING TECHNIQUE** (leg movement, glove position, etc.) ensure that the player is in the proper position field the ball. The proper **MENTAL APPROACH** (preparation, decision-making, etc.) allows the player to take best advantage of his **FIELDING TECHNIQUE**.

1. GETTING READY TO FIELD (Mental Approach...going into "game mode")

- i. **PLAN:** know the game situation...score, outs, runners, count
- ii. **Physical:Pre-Pitch Movement-Be on your toes-knees slightly bent/too low-too slow Chest up / Head up- Eyes (focused on the hitting area= catchers mitt)**
- iii. **PLAY:** EXPECT the ball to be hit to you, WANT the ball to be hit to you

2. FIELDING (Put it all together)

- i. **GETTING TO THE BALL:** Quick feet (around and through the ball)
- ii. **Solid Base (stay low and go thru the ball)**
- iii. **POSITIONING TO THE BALL:** Receive the ball on the inside glove foot moving toward the target (1st base in most cases)
- iv. **STAY UNDER CONTROL**

3. OTHER (Coaching Tasks)

- i. **CUTS AND RELAYS:** Where to be, how to receive the ball, communication
- ii. **RUN DOWNS:** Run back to original base, make play there
- iii. **BUNT DEFENSE:** Use the "wheel", the catcher is in charge

4. DRILLS

- i. **SOFT HANDS DRILL:** Players in circle, roll the ball back and forth (teaches ball to glove transition skills)
- ii. **STEP TO BALL DRILL:** Position fielders deeper than normal, hit them slow grounders and have them field the ball in front of their glove-side foot (enforces fielding the ball in proper throwing position)
- iii. **SHUTTLE DRILL:** Start at 3rd base field a grounder and throw to first, slide to SS field a grounder and throw to first, slide to 2B field a grounder and throw to first (enforces use of legs and "attacking" approach to fielding)

MOST IMPORTANTLY, have a **SHORT MEMORY!** Forget about bad call, errors, etc., because you can't change 'em...make the next play, or get a hit next time you're up!