

Outfield Skills

Throwing

- Short throws - one step.
- Medium to long throws - crow hop.
- Overhand throw - protect arm and correct spin.
- Exaggerate follow through –reach for the grass.
- Straight line throws - no rainbows.
- Throws home –bounce 15 feet in front of plate.

Fielding Fly Balls

- Two hand catch - above the head and in front of the throwing shoulder.
- First movement is a short drop step.
- Locate ball and determine angle.
- Get there first, don't drift.
- Don't extend glove until last minute.

Fielding Ground Balls

- Keep the ball in front of you.
- Always block the ball unless do or die situation.
- Always be aware of your back up before you commit.

Responsibilities

Left Field

- **Backs up:** balls hit to glove side of short stop, third baseman and centerfield, throws to second base from the right side.
- **Covers:** 3rd base anytime the shortstop goes to 2nd and the 3rd baseman can't get back.
- **Rundowns:** behind the 3rd baseman.

Center Fielder

- **Backs up:** Balls hit to non-glove side of shortstop, glove side of the 2nd baseman, pitcher, left and right field, throws to second by catcher.
- **Covers:** second when 2nd baseman or shortstop are committed elsewhere.
- **Rundowns:** Behind 2nd baseman.
- **Special plays:** may cover plays for quick pick off.

Right Fielder

- **Backs up:** balls hit to first base, non-glove side of 2nd base, centerfield, all throws to 1st base, throws to second base from left field.
- Covers:** 1st base when 1st and 2nd baseman are committed elsewhere.