



Throwing, Catching and Fielding Instruction

1. Throwing:
 - a. Discussion – Proper Throwing form
 - i. Two or three fingers on top; thumb on the bottom
 - ii. Grab the ‘C’
 - iii. Sideways to target; point glove hand at target
 - iv. Proper throwing form; “thumb to the thigh, fingers to the sky”
 - v. Step with lead foot to target; finish low; bring back side with
 - b. Drill – Three groups – throwing to coaches (not to players)
 - i. One coach giving instruction to player; other coach catching
 - c. Game – Two points for head shot; One point for torso; Zero all others.
2. Fielding – Ground Balls:
 - a. Discussion – Proper Fielding Form
 - i. “How to stand for ground ball” - Feet apart; crouch down; glove down/open; invisible chair
 - ii. Throwing hand on top; reach for the ball
 - b. Drill – Three groups – Fielding Ground Balls (batted or rolled)
 - i. One coach giving instruction to player; other coach hitting
 - c. Game - “Circle Drill” – Altogether; Assume basic fielding stance; roll ball(s) to each other; elimination after error; last player left wins
3. Catching – Throws/Fly Balls:
 - a. Discussion – Proper Catching Form
 - i. Ball Below Waist – Fingers Down
 - ii. Ball Above Waist - Fingers Up
 1. Two hands whenever possible
 - b. Drill – Three groups – Catching /Flys Throws (thrown) above/below waist
 - i. One coach giving instruction to player; other coach hitting
 - c. “Back and Forth” – Two separate lines; first player in one lines throws to the first player in the other line. After the throw, the thrower returns to the end of the line.
4. Group Drill – Four corners
5. Group Drill – Infield (throws to First Base)