

Infield System

Phase 1- (Transition from glove to hand)

Catch Play

- 1) Feet in place wider than shoulders, throwing to each other, focusing on deflecting ball from palm of glove to the hand (glove up, fingers to the sky)
- 2) See it and React: Quick feet and hand exchange, see ball and surround it with body going to target (hips and shoulders in line to target)

Phase 2- Fielding the Ground Ball

EXCHANGE is key!!

- Pre-pitch rhythm: Read and Recognize
- Stay under and behind the ball: Eyes behind hands while reaching out to ball, BEAT THE HOP
- Secure at Catch: Glove to Belt separation- quick feet, hips/shoulders and feet to target, getting ball to throwing circle
- Staying low to our target, elbow away from and in-line w/ head, palm down

Groundball at you:

Round the ball to track on gloveside (creating an angle).

Right foot down then left foot down, creating momentum towards the target.

Get behind the baseball and beat the hop

Ground ball at Backhands

Play through it (Rhythm): Always stay under and behind the ball, transfer weight from back (right) leg to front (left) leg to gain momentum towards the target.

Replace your feet: Catch ball on left foot (crossover), replace quickly and athletically keeping weight on back foot to generate power

Phase 3 (Double Plays)

Middle Infield Must Dominate the 3 basic turns

Across (inside)

Behind (armside)

Open Up (outside)

STAY ON OUTSIDE PART OF BASELINE!!!

Shortstop Turns/Feeds

We are either inside or outside

4-6-3

6-4-3

3-6-3 inside

3-6-1 outside

1-6-3 & 2-6-3

SS Turn: 4-6-3

Get to bag: see it first (right foot on bag)

Hands up

Close off on gloveside to keep from opening up (don't skate around)

Gain ground and throw through your target

SS Turn: 1-6-3 & 2-6-3

Get to bag: see it first (left foot on bag) do not commit too soon

Square body to pitcher's mound

Once you receive, go through the bag

SS Turn: 3-6-3 inside

Square up to first baseman (left foot on bag)

Hands up on transition

Throwing off right leg downhill to 1st base

SS Feeds: Right-Left-Right

Stay low and keep momentum towards 2nd base for flip

Separate ball from glove to help with 2nd base vision

SS Feeds: Glove side middle tabletop

Ground ball up the middle (gloveside)

Keep your body low after catch

Shovel pass to 2nd base (flip uphill)

SS Feeds: Ball to right

Catch ball at armside-

Keep weight centered, slightly on throwing side

balance on lower 1/2

Throw uphill

SS Feeds-Backhand Replace

Replace and Release

Stay strong with right leg - Stay in line to 2nd base

2nd Base Turns and Feeds

Good at 3 turns, The Ball and Angle tell all!

2nd base turn-Come Across

Left foot on back corner of bag

Hands up and see the ball

Create an angle towards 1st base (stay low)

Angle and Feed create the turn

2nd base turn-Armside

Left foot on back corner of bag

Hands up and see the ball

Strong right let leg to push through, stay low and don't open up

Downhill throwing

2nd base turn-Open Up

Left foot on back corner of bag

Hands up, see ball, let it travel

Open up (pivot on right foot), keep angle towards 1st base

2nd Base feed: Tabletop

Ground ball: At you-Attack in- Moving Right

Separate at belt level

Left foot-Right foot movement (momentum towards 2nd base

Flip from ground up (stay low), shovel pass

2nd base feed-Chest to Chest

Underhand toss

Separate ball from glove

Strong right leg-push off towards SS

2nd base feed-Backhand underneath

Ground ball up middle (backhand on left leg)

Staying low at reception

Glove it (keep glove work to a min)-Exchange it- Flip from underneath (creates accuracy)

2nd Base feed-Ground Ball to left

Catch and secure (stay athletic)

Replace feet and Release

2nd Base feed ball in 4-hole: Create angle towards hole, Catch and turn (body control) strong right leg

3rd Base feed and footwork

3-step gloveside

Momentum towards 2nd base

Left hip opens slightly to create angle and rhythm

Stay under and behind

After catch, heel to heel movement to 2nd base

Backhands

1 to 2 steps

Keep body in control-hard after contact

Strong backside throwing downhill

Ball in 6-hole

Create angle towards hole

See ball in

Catch and turn (body control)

Land on right foot, generate momentum to 1st base

Slow Rollers

Attack and Recover

Used for slower runners

Allows fielder to come in and get it

Catch on gloveside

After catch and exchange, take a shuffle towards 1st base to recover

Gloveside Attack

Ball takes fielder straight in

Throwing on the run

Catch on gloveside

Right-Left-Right

More for 2nd and brd basemen

Catching ball on right foot (inside of foot)

Gather body on left foot

Release on right foot

STAY LOW!

2nd Base and SS Tags

Ball is faster than we are, let it travel!

Drop Tag

Let ball travel (harder throw)

Drop glove to front of base

Catch on gloveside for easier/quicker tag

Sweep Tag

Used when ball travels to right side

More of a “blind” catch and tag

Tags towards back of bag

1B feeds

Behind Runner

Backhand

Must create momentum with right foot at contact before catch

Left foot makes contact after catch, creating movement towards 2nd base

Generates smoother transition and easier throw

Glove to hip exchange

Strong right leg

Glovehand-Up the Line

Depending on speed of runners, you may have to make sure out at 1st base

If both runners are slower, create momentum by turning gloveside

Generate power off right leg

Throw downhill

Holding runners on

Ball hit towards 4-hole

Stay inside

Glove to hip exchange

Right foot, Catch, Left foot towards 2nd base

Ball hit towards foul line

Rotate body, replace feet

Use bag for right leg to power off

Throw downhill