



GO WARRIORS!

# West Bend “Warriors” Youth Baseball

## PROPER FIELDING TECHNIQUE

1. Feet not too wide but slightly more than shoulder width with knees slightly bent and on the balls of the feet. (wide-base)
2. Body is semi crouch or athletic position when pitcher is in the wind up and hands should be in a handshake position (**Number 1 & 2 is what we will call our athletic, ready position**)
3. As pitcher releases ball get in the habit of doing a left, right, left shuffle for righties and right, left, right for lefties to help you be more athletic. (**Shuffle or Pre-Pitch movement**)
4. When ball is approaching form a triangle with your feet and glove. Glove is out in front of the body and throwing hand is close to the glove. Think in terms of an alligator’s chomp or your throwing hand being a “lid” and your glove as the “pot”. The lid closes the pot when the groundball is fielded. (**Coaches, think of the throwing hand as the “lid” and the glove as the “pot”. Lid closes the pot when fielding the ground ball.**)
5. When fielding keep your tail low and your head down, (BUTT DOWN!) watch the ball into the glove. (**COACHES YOU NEED TO SEE THE BUTTON ON THE HAT.**) **Fielders think eyes into the glove.**
6. Relaxed hands, don’t jab at the ball, it’s a quarter turn from handshake position (**SOFT HANDS**)
7. Charge every ball you can and try to catch the ball when it’s to your advantage. The less bounces a ball makes the better the hop!
8. Ground ball should be fielded in the middle of the body when possible. Hands out in front of the body!!!
9. Stay low—a ball will come up more then it will stay down, this is why you want to keep your hands below the ball.
10. Get as many ground balls as possible. This is where infielders are made. Practice! Practice! Practice!

**Key things: Wide base, Butt down, Hands out in front of the body!**