

Orono Baseball Association—Player Training Guide

LESSON: Fielding Fundamentals

PURPOSE: Learn Fielding Fundamentals consistent with OHS hitting progression

Five A's for Fielding Success

Attitude	work ethic, want the ball, leadership
Anticipation	ready on every pitch, expect the ball, situation
Aggressive	under control, go get the ball
Angle	work body to target –follow through with face and feet
Attack	play aggressive and under control

Infield Mechanics:

Step 1: Ready Position

Athletic stance with feet wider than shoulders/knees bent
Glove elbow in / palm to catcher / throwing palm up
Arms in front of body—always field in front of body
Hands between knees and waist--Butt is down
Feet are moving/ weight slightly forward
At windup: knees inside feet / weight even and forward to break



Step 2: Rounding the ball to field

“Attack under control”—“Charge it” does not mean be out of control
Shuffle step for close ground or pivot and crossover to cover distance
“Ball-Glove-Eye”—approach should align ball under glove eye for pickup
Take an angle to the ball that sets the feet and momentum to the target
“Alligator”—top hand “fingers to the sky” glove fingers in the dirt
“Down—Out—Up—In”—down with glove, field out front, raise up, in to throw
“Field the ball closer to the hitter, moving to the target”



Step 3: Throw to Target

Use full body momentum—Follow with face, chest and feet to target
“Nose to Leather” means follow your nose to target’s glove
See throwing mechanics guide for more on throwing



Outfield Mechanics

Step 1: Ready Position

Similar to infield but slightly more upright—watch catcher for direction clues

Step 2: Rounding the ball to field

Goal is to move/angle before the catch to allow forward movement at throw
Catch the ball above the nose and eye level –keep ball high, grip and throw
“Catch –Grip—Throw”—Be moving toward target with face /chest/feet

Step 3: Throw to Target

Crow hop low –high elbow to set up a “downhill throw” to target (4 seam grip)