



## **Southern Maine River Rats Baseball**

### **RR Fielding Program**

**Short Hops:** Focus on working glove and eyes underneath the ball and through the path. Perform barehand reps, then glove reps. Add in “field to power” reps at the end, working through the short hop and then getting into a throwing position (grip, throwing arm, body).

- 30 Barehand Reps- 10 Front, 10 Glove, 10 Backhand
- 30 Glove Reps- 10 Front, 10 Glove, 10 Backhand

**Transfer:** Focus on hands out in front of body, anticipating, and using pressure to redirect the ball from glove or glove hand to throwing hand. Player shouldn't close the glove to catch the ball unless it's a bad throw. Perform barehand, then glove reps. If possible, add in reps where player breaks to a base/spot so they can add in the footwork and timing with the exchange. Add in cut off exchanges.

- 40 Reps (mix up location)- 20 Reps Barehand, 20 Reps Glove

**Ground Balls:** Focus on picking a hop by timing up the ground ball, R/L Field for RH players and L/R Field for all LH players), good distance and direction going from the fielding position going to a throwing position. If player can get fungo reps (off a bat) you can split the reps between rolled ground balls and “fungos”.

- 60 Glove Reps- 20 Front, 20 Glove, 20 Backhand

**Slow Rollers:** Focus on making the feet work and getting low and athletic. Approach depends on speed on the speed and type of ground ball.

- 30 Reps- 10 Reps Glove to Hand (field outside left foot), 10 Reps Glove and Hand (field inside stride foot with both glove and hand), 5 Reps Barehand (field inside stride foot), 5 Reps Backhand (field inside stride foot)

**Pop Flies:** Focus on good initial reads. Drop step to the side (glove or throwing) the fly ball is on and read before committing in or back . If the fly ball is right at you always open to glove side.

- 30 Reps- Various Fly Balls (having to go back, come in, move glove side and arm side)

**Crow Hops:** On fly balls, make the catch above throwing shoulder for quick exchange. On ground balls players should field the groundball outside the glove side/stride foot.

- 15 Reps Fly Balls
- 15 Reps Ground Balls

**Other Key Points:**

- *These exercises should be performed at least 3 days per week. Some of these exercises should be part of a daily routine if possible.*
- *Focus on good initial stance/ready position at contact. If the ball thrown or rolled treat the ball coming out of the hand as contact off the bat.*
- *Take a crawl, walk, run approach in the sense that players will get the timing down and fundamentals in place. But be sure to make a good percentage of the reps “game like”.*
- *On no throw reps be sure to come away with a good grip on the baseball and be in a position of power when you get to the throwing position, even though the player isn’t throwing. You want everything good to translate to the game.*
- *Remember, success isn’t about what you do, it’s about how you do it. Approach matters!*

***Preparation builds confidence!***

***Hard work beats talent when talent doesn’t work!***

***Don’t be upset by the results you didn’t get with the work you didn’t do!***

***Allergic to average!***

