

# ***The Four Types of Ground Balls: Fundamentals of Fielding***

## **The 4 Rs**

- *relax*
- *ready*
- *receive*
- *release*

## **Relax**

- *scan the infield*
- *review the situation*
- *take deep breaths*
- *adjust their position*
- *“hands on knees”*

## **Ready**

- *basic athletic position*
- *ready to move in any direction*
- *upright*
- *knees flexed*
- *weight positioned on front part of feet*
- *slightly bent at the waist*
- *glove in front of body*
- *head facing home plate*
- *focused*
- *angled correctly*

## **Moving from Relaxed to Ready**

- *simple two steps toward home plate*
- *right – left/ one-two*
- *option: lean weight forward*

## **Footwork**

- *No contact; return to relax*
- *Contact:*
- *approach*
- *glove shoulder to the right of the ball*
- *“break down” when the ball is 5 meters away*
- *HOW? step toward ball with right foot*
- *lower body*
- *step outside ball with left foot and center body on ball*
- *Rhythm, rhythm, rhythm*

## Receive

- *Arms extend toward ball*
- *back of the glove turned to ground*
- *throwing hand positioned above the glove*
- *feet – twice the width of shoulders*
- *toe of right foot even with instep of left foot*
- *knees bent*
- *buttocks down*
- *back flat*
- *head looking at ball*
- *hands extended*

## Short Hop

- *diagram*
- *options: big hop, hustle*

## Release

- *first, transition from receiving position*
- *done with the feet: another right-left*
- *funnel*
- *hinge*
- *grip*
- *Mantra of baseball: right left field/right left throw*

## Positioning

### The Four Ground Balls

- *“at-em”*  
*glove side*
- *backhand*
- *slow rollers*

### “At-em”

- *not easy*
- *why? failure to focus*
- *tendency to relax*
- *concentrate on keeping the glove under the ball*
- *keep moving: don't FREEZE*
- *new method – picking the ball*

### Balls to Glove Side

- *banana route*

- *jab step in direction of the ball*
- *distance of first step is dictated by how hard it's hit*
- *time arrival*
- *on really hard hit balls – take a deeper route*
- *Get to the ball!!*
- *run with good running form*

### **Balls to Backhand Side**

- *decision of banana route or 45 degree angle depends on force of hit*
- *two ways:*
- *right foot forward*
- *leg bent*
- *chest over lead thigh*
- *left foot forward*
- *takes more time to transition into release position*

### **Slow Rollers**

- *Get body to the right of the ball*
- *circle ball so that body is angled toward direction of throw*
- *field the ball with glove hand only*
- *transfer ball to throwing hand*
- *take ball straight up for throw*
- *keep running*

### **Stopped Ball**

- *Get body to left of ball*
- *Grab ball with throwing hand*
- *Push down on top of the ball*
- *bring right elbow back*
- *Throw from underneath chest*
- *get left side out of the way*
- *aim 1.5 meters to left of first base*

### **Games/Drills:**