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BALL RETURN SETTINGS GUIDE

GROUND BALL



LINE DRIVE



FLY BALL



DRILLS

RHYTHM BUILDER (GROUND BALL SETTING)



STEP 1

Make a strong throw to the center yellow target on the net.

STEP 2

Get into a good fielding position: Immediately turn your body to be squared up with the target. (body/chest facing the net) Knees bent, glove out in front of body, nose pointing towards the target and body weight on the balls of your feet.

STEP 3

As the ball returns on the ground practice attacking the ball (moving towards the ball) to limit the number of hops on the ground. Work on fielding the ball on the second hop.

STEP 4

As you work towards the ball stay in a good fielding position and keep your eyes focused on the ball. Once you have caught the ball begin to set up for your next throw.

COACHING TIP: Keep your body low to the ground until the ball is in your glove.

CATCHING A FLY BALL (FLY BALL SETTING)



STEP 1

Make a strong throw to the center yellow target on the net.

STEP 2

Get into a good fielding position: Immediately turn your body to be squared up with the target.

STEP 3

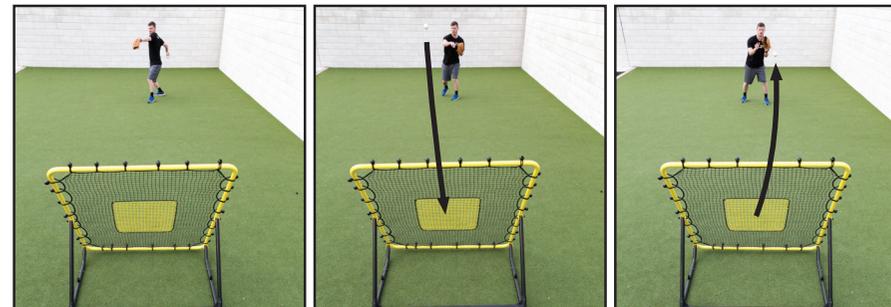
As the ball lifts toward the sky, practice making a drop step (a drop step consists of opening your hips and dropping either foot behind your body, putting you in a position to move forwards or backwards easily) while judging the trajectory of the ball. Immediately get behind the ball so you move into the baseball as it comes down.

STEP 4

Try to properly judge where the ball will land, work your body to be directly underneath the ball as it falls. Make sure to not put your glove directly over your head, this will cause you to lose sight of the baseball and possibly miss a catch.

COACHING TIP: Work to catch the ball directly above the shoulder of your glove hand with your throwing hand close to the glove.

LEARNING TO PLAY CATCH (LINE DRIVE SETTING)



STEP 1

Make a strong throw to the center yellow target on the net.

STEP 2

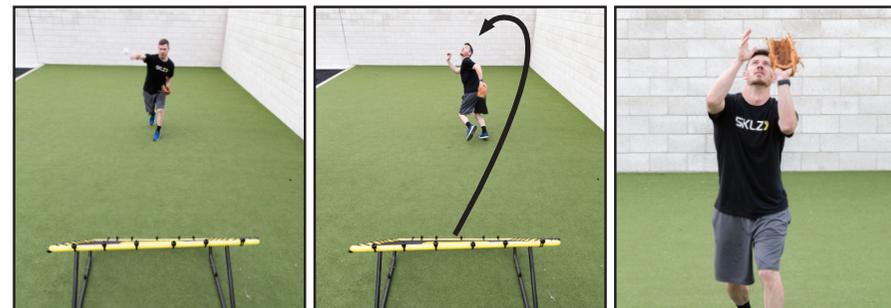
Get into a good fielding position: Immediately turn your body to be squared up with the target. Prepare for the ball to return quickly.

STEP 3

Once you catch the ball, repeat step one.

COACHING TIP: This is not a timed drill. Focus on your body position and make sure it is correct before each throw.

CATCHING A FLY BALL HIT OVER THE HEAD (FLY BALL SETTING)



STEP 1

Make a strong throw to the center yellow target on the net. Make sure you are squared up to the target, but in this case start closer to the net. The goal is to have the ball fly over your head.

STEP 3

As the ball lifts towards the sky and over your head, open your hips and make a strong step backwards.

STEP 4

Completely turn your body away from the target and run hard to the projected landing point of the ball. Do not back pedal.

STEP 4

Once you have run hard to the landing point, field the fly ball as usual by squaring your body to the target, working into the baseball (as described in catching a fly ball drill) and making a strong throw back to the target.



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