



Throwing and Fielding Fundamentals and Drills Tidbits

1. Keep your “Fangs” away.
2. Keep two fingers on top of the ball and the thumb on the bottom.
3. Keep your elbow even with the shoulder.
4. Keep your front foot at your target.
5. Keep your feet spread apart wide in throwing and fielding.
6. Keep your knees bent in throwing and fielding.
7. Use “short wheels arm action” for catchers and infielders.
8. Use “big wheels arm action” for pitchers and outfielders.
9. Use your upper and lower body together.
10. Use the proper follow through by following your throw a few steps.
11. When fielding ground balls “Close the gap” (charge) on the ball.
12. The button of your cap should be facing down when fielding.
13. Catch the ball with two hands whenever possible.
14. Think of the garbage as the ball, the garbage can as the glove and the garbage can cover, as the throwing hand. Catch the garbage (ball) with the garbage can (glove) and cover up the garbage with the garbage can cover (throwing hand)
15. Catch the ball out in front of your body.
16. Turn bad throws into good catches.
17. Take care of your glove and it will take care of you.
18. Touchdown toss drill.
19. Rapid relay drill.
20. Circle drill with no gloves.
21. Elbow in the glove drill.
22. Set-break-throw drill on a knee and standing up.
23. Set-throw drill on a knee and standing up.
24. Rapid fire drill.
25. Long toss drill.

Practice like your play!