

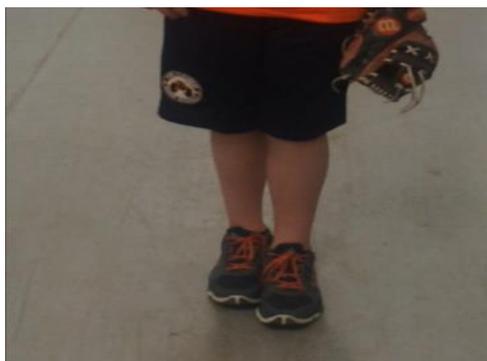
Basic Groundball



Fundamentals

When it comes to coaching youth baseball there are certain fundamentals that can be taught or reinforced at all levels. Groundball defense is one of those skills that should be covered and reviewed on a regular basis. This manual will cover the aspects of groundball defense regardless of the level of play, coaches from various levels can coach the points they feel their players can understand and accomplish successfully.

Players should start in an athletic position with their feet slightly wider than shoulder width. This allows the players to move in either direction while staying balanced.

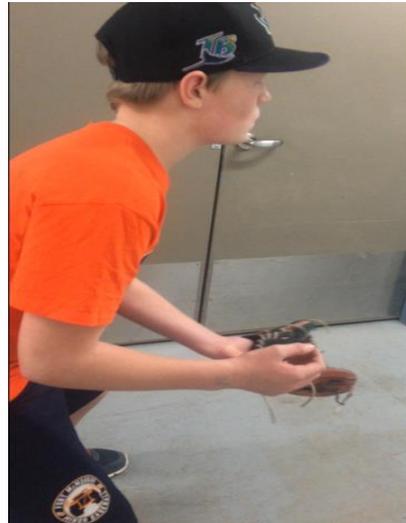


The feet should be positioned with the throwing side foot slightly back.

Legs should be bent with your butt **above** your knees.



Glove side elbow should be just in front of your glove side foot.

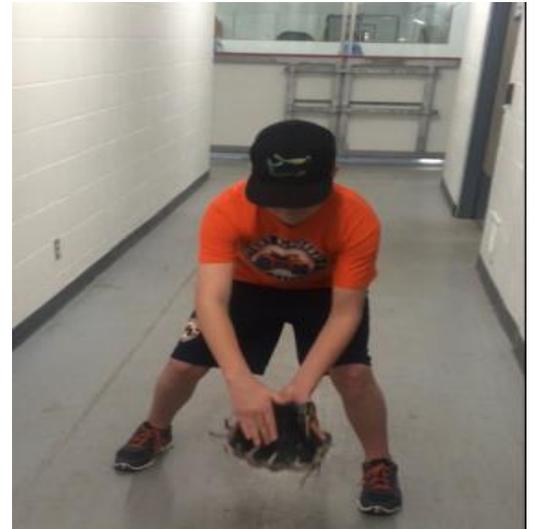


Glove side fingers should be pointed down while throwing side should be slightly up.

As the ball moves toward the player the player's eyes and head should follow the ball into the glove.



As the ball enters the glove the players throwing hand should be used to trap the ball in the glove.



When receiving the ball the player should be moving through it and moving the glove and ball towards the body preparing to throw.

After securing the ball the player should step toward their target and get into a good throw position

