

ABF National Playbook:

Infield

Ground Ball Fundamentals: The Six “F”s

Feet

Field

Funnel

Footwork

Fire

Follow

1. Feet



- Body should be in a lively, active position as the ball comes into the hitting zone. This usually requires preparatory movement as the pitcher delivers the ball.
- Avoid excessive movement toward the hitter (reduces lateral range). Wide base (feet wider than shoulder width).
- Middle infielders are usually better off in a more upright position than the corners.
- Expect the ball will be hit to you every pitch



- Approach the ball “like a plane coming into land”, (not like a helicopter). That is, lower the body gradually as you near the ball.
- Receive ball in front of the eyes (not underneath them)
- Move through the fielding position rather than remain fixed & rigid (“Left foot down as the ball hits the glove”)

2. Field



- Wide base.
- Head directly over the line of the ball.
- Field the ball out in front of the eyes.
- Body should be low enough to allow glove to reach the ground while the arm has some bend.

3. Funnel



- Bring the ball in two hands to the centre of gravity (this makes for better balance)

4. Footwork



- “Replace your feet”.
The right foot comes down where the left foot had been prior to the crowhop.
- At the same time, the left foot moves toward the target.
- At no time do the feet cross over



- This enables the feet, hips & shoulders to come down properly aligned to the target.
- As the feet are moving, the arm moves into throwing position

5. Fire



6. Follow



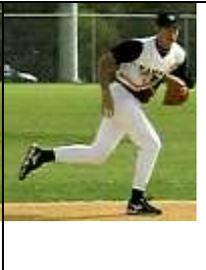
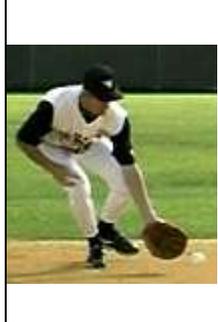
Routine flyball



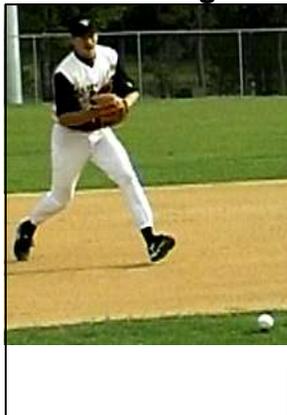
- Position yourself under the ball as early as possible.
- As the ball descends, sight it over the top of the glove (raising the glove too early or too high can inhibit balance)
- Catch the ball at or above eye-height
- Cushion the impact if necessary (soft hands)

Ground Ball Variations

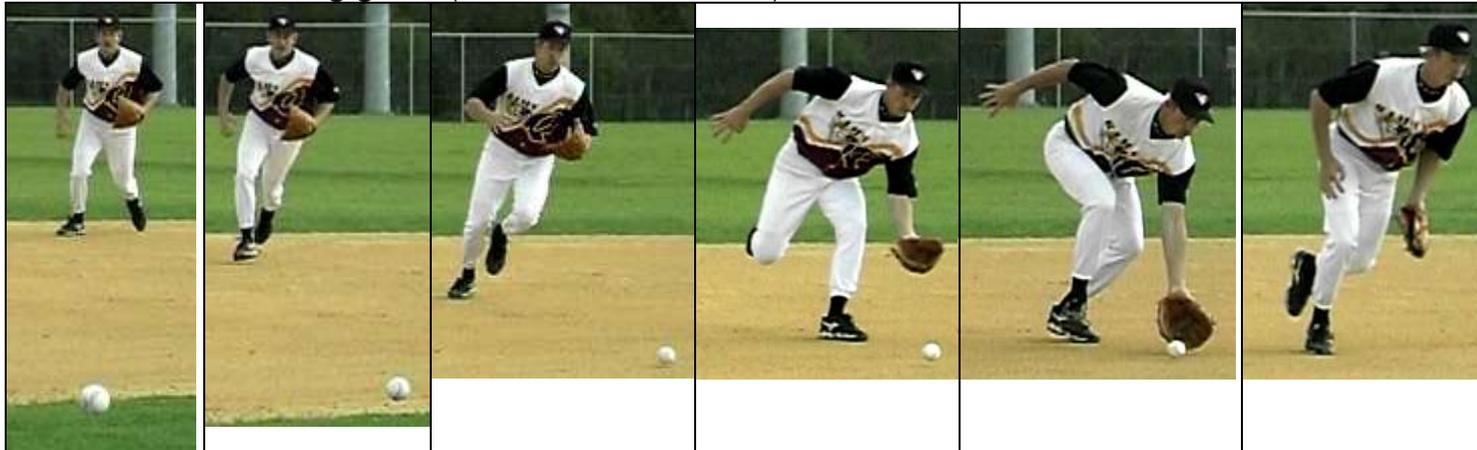
1. Forehand play

							<ul style="list-style-type: none"> • Crossover step • Move rapidly to ball • Lower body as approaching ball
						<ul style="list-style-type: none"> • Field ball (using only one hand when moving rapidly usually provides for better balance). • Replace the feet • Fire & follow 	

2. Coming in on a medium roller

							
• Attack the ball	• Be under control to field ball	• Replace the feet	• Fire & follow				

3. Slow roller using glove (to left side in this case)

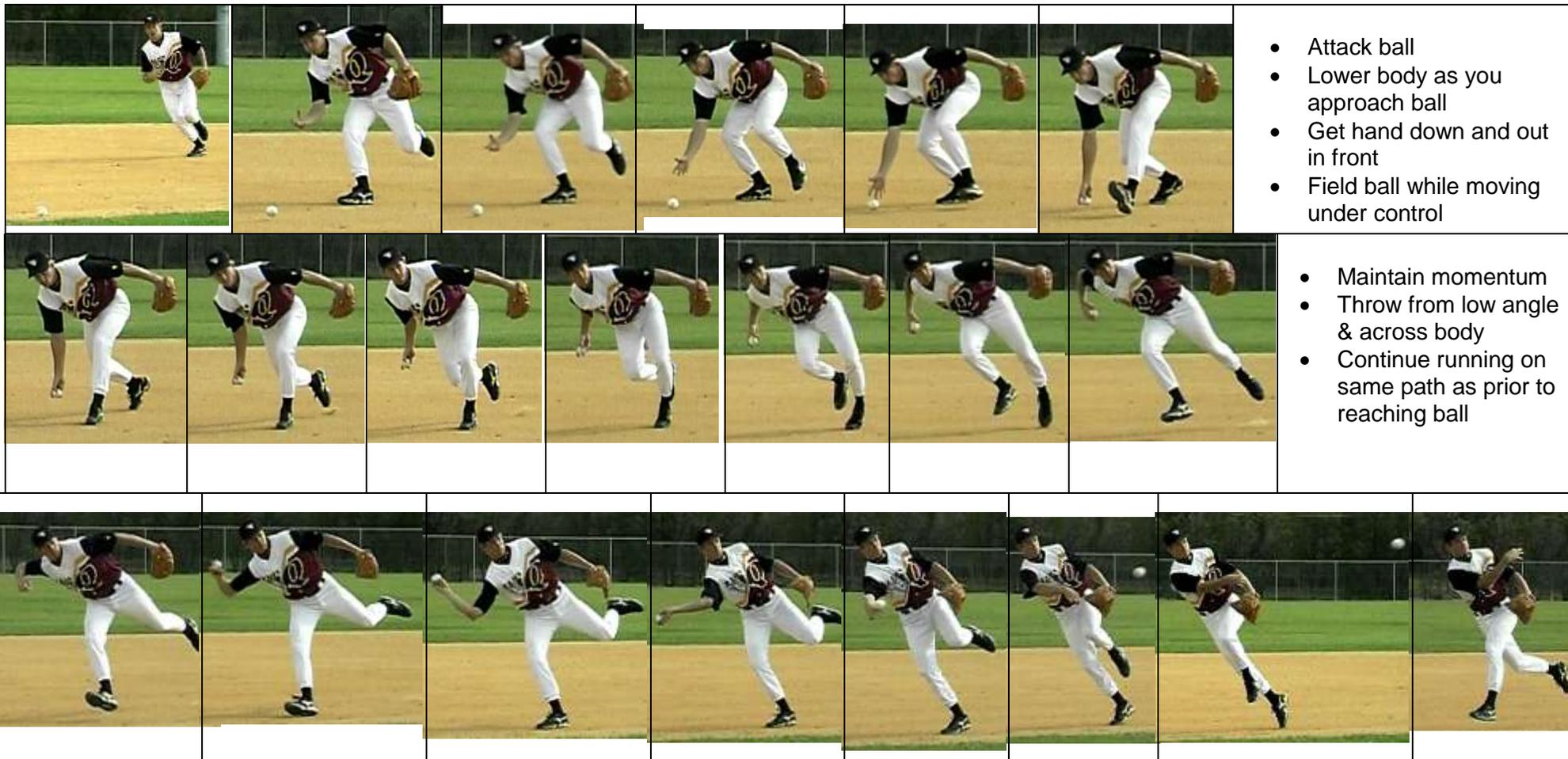


- Attack ball
- Lower body as you approach ball
- Get glove down and out in front
- Field ball while running under control



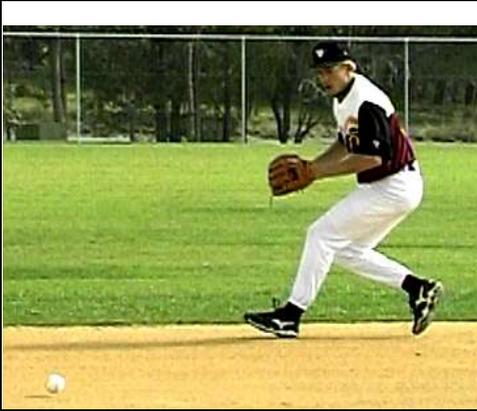
- Maintain momentum and throw on the run

4. Slow roller using bare hand (for stationary ball or one moving very slowly)



Backhand Plays

1. Basic method

				<ul style="list-style-type: none">• Right foot is positioned directly in line with path of ball: "Foot behind the ball".• Wide base (preferably wider than in these pictures)• Low posture• Head over the ball	
					<ul style="list-style-type: none">• Align left foot to target (weight is substantially loaded on right leg)• Push off right leg• Fire & follow

2. Replacing the feet (when time is ample)

				<ul style="list-style-type: none">• Field the ball as per Routine play (see above)				
								<ul style="list-style-type: none">• Push off right side• Replace the feet (crowhop ensuring right foot comes down where left had been)• Fire & follow

3. Field ball on left foot (when unable to adjust feet for preferred method; see above)



- Left foot in line with path of ball
- Wide base
- Low posture
- Head behind ball



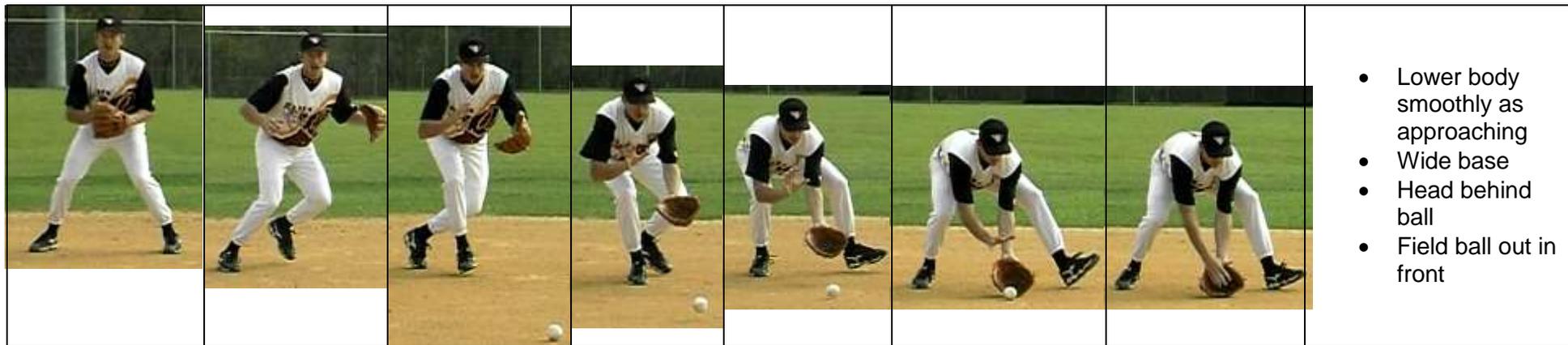
- Replace the feet
- Bring ball to throwing position



- Fire & follow

Double plays: Feeds by Shortstop

1. Close feed (Ball between SS and base)

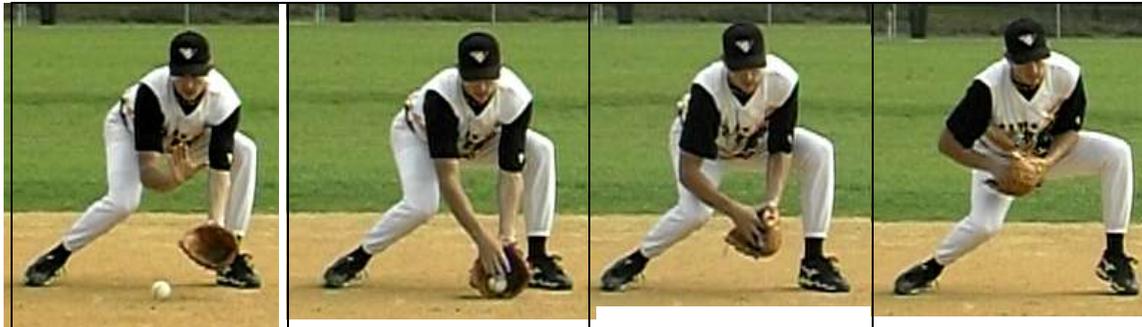


- Lower body smoothly as approaching
- Wide base
- Head behind ball
- Field ball out in front



- Clear the ball from the glove; give the 2nd Baseman a good view of ball
- Little or no backswing (of throwing arm)
- Maintain momentum under control
- “Stiff-wristed” push-feed to face of 2nd Baseman
- Follow the ball after release

2. Routine feed (Ball hit more-or-less straight at SS)



- Field (body can be slightly turned toward 2B)
- Funnel



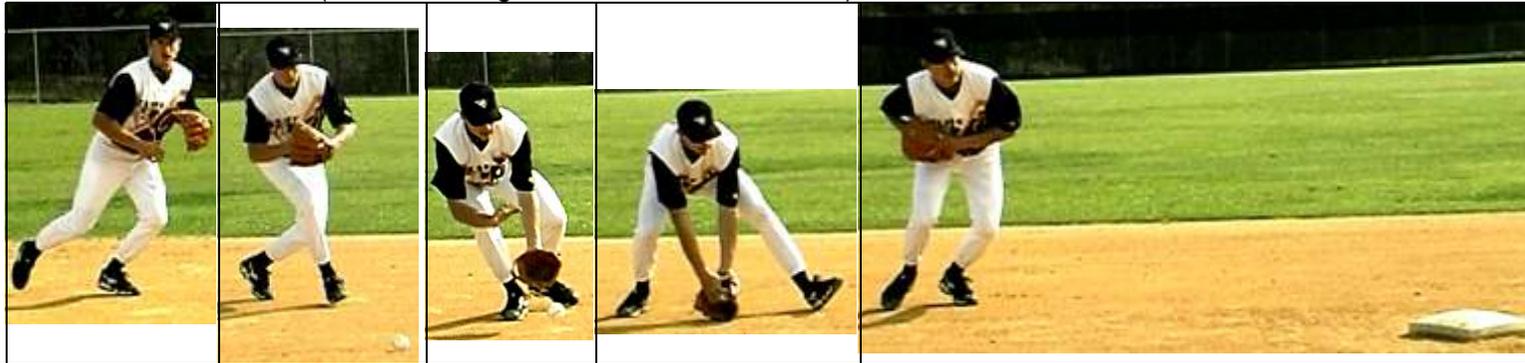
- Retain low position
- Keep body steady
- Throw face-high to 2B

3. Backhand feed (Ball hit some distance to right of SS)



- Field in front of right foot
- Open left leg to target
- Stay low
- Throw face-high to 2B

4. Unassisted turn (when fielding DP chance close to 2B)



- Field
- Maintain momentum toward base



- Adjust feet to allow left foot to come down on base as throw is made