



United Kingdom Youth Baseball Association

Baseball Coaching Excellence Course

Module 1

Introduction to Baseball and Coaching

Baseball History

Section 1

Baseball Coaches
Code of Conduct

Section 2

Coaching
Young People

Module 2

Baseball and Fitness

Section 1

Baseball Training Focus

Section 2

Baseball Stretches

Section 3

Plyometric Training
for Baseball

Module 3

Baseball Structure

Section 1

Field and Players

Section 2

Scoring Runs and
Recording Outs

Section 3

Becoming a
Base Runner

Module 4

The Score Book

Section 1

Keeping Score

Module 5

Baseball Techniques

Section 1

Mechanics of
Throwing

Section 2

Mechanics of
Hitting

Section 3

Fielding a
Ground Ball

Section 4

Fielding a
Fly Ball

This is **Module 5** of the UKYBA Baseball Coaching Excellence Course.

This Module has 4 Sections. Please complete the EXAM at the end of each section and email it to:

Tony@YouthBaseballAssociationUK.co.uk



United Kingdom Youth Baseball Association

Module 5 – Baseball Techniques

Section 1

The Mechanics of Throwing

Throwing requires the entire body to work together in order to throw the ball accurately, and with speed. All positions on the field require the ability to throw the ball accurately and sometimes with quickness and speed.

Good throwing mechanics will enable you to make plays, especially when you are making a throw “on the run,” or are faced with a speedy runner.

When you warm up with the team before practice or play catch in the back garden, make sure you work on your mechanics and strive to improve your accuracy.



➤ Proper Grip



The best way to grip the ball is *across* the seams as pictured to the left. The fingers are placed over the top of the seams to provide a good grip on the ball.

You will notice that you can see *2 seams running horizontally*. The back of the ball (*not visible*) will also have *2 seams running horizontally*. By gripping the ball in this fashion, those **4 seams** will help to keep the ball in the air longer and keep the ball travelling straighter.

To maintain velocity and accuracy, you should grip the ball in your finger tips, and NOT in your palm. When gripping the ball, you should be able to see “light” between the ball and your palm..

Younger players with small hands may need to grip the ball with three fingers instead of two.

Your thumb should be on the bottom of the ball, forming an imaginary line that splits the ball in half.

It takes years of practice to be able to quickly grip the ball in this fashion. You can practice by throwing the ball into your glove and as you pull it out, learn to shift the ball to the “cross-stitch” before throwing.





United Kingdom Youth Baseball Association

Module 5 – Baseball Techniques

Section 1

The Mechanics of Throwing

➤ Squaring up to the Target



Once ready to throw, the player needs to get his body **squared up to his target**, while bringing his **glove with the ball**, to his chest. Point the *glove side shoulder* to the target.



Glove side alignment: Knee, ankle, shoulder, hip should be facing the target. Hands come apart with the **throwing arm thumb** under the ball.



As you are throwing, make a *circular motion* by taking your **throwing arm thumb** passed your *back thigh*, keeping your **knuckles** pointing to the sky.



Lift the **elbow** to shoulder height, and point your **glove and front shoulder** to the target. Keeping your wrist loose as you raise your throwing arm, will allow you to use it as you throw. Like when hitting, throwing should utilise the hips, which generate the power needed to make a fast, accurate throw.

It is very difficult to throw the ball accurately with a stiff throwing wrist. This is a skill that players should work on from the start. The wrist should be loose and provide a “whipping” motion upon release of the ball.

The rotation of your hips, shifting of your weight from back to front, keeping your elbow elevated, **leading with your elbow**, and whipping of your wrists will help you throw accurately and with more velocity.



You can practice this skill by **kneeling on one knee** and bending your **throwing arm** at the elbow with your forearm vertical. Keeping your arm in this position, practice throwing the ball with just your wrist and fingers and strength of your throw.



United Kingdom Youth Baseball Association

Module 5 – Baseball Techniques

Section 1

The Mechanics of Throwing

EXAM

At this time, please refer to the:

Module 5, Section 1 Mechanics of Throwing EXAM

When you have completed the test, please email it to:

tony@youthbaseballassociationuk.co.uk



United Kingdom Youth Baseball Association

Module 5 – Baseball Techniques

Section 2

The Mechanics of Hitting

Pick out a bat that isn't too heavy. As a beginner, the lighter the bat, the better. You should pick a bat that isn't too heavy for you. A trick to making the bat lighter is to "choke up," which means to move your hands up on the bat an inch or two. It's actually rare to see somebody swing a bat that's *too* light.



The key to hitting is not how strong you are, but how quickly you can generate the bat through the hitting zone. Proper weight distribution from your back leg to your front leg and understanding that the swing is **not driven by your arms**, but by your legs and hips, will help to make you a successful hitter.

➤ Proper Batting Grip

Gripping a baseball bat begins with your fingers. When you pick up a baseball bat it is essential that you feel comfortable and relaxed with the bat in your hands, and it begins with your *fingers* - the strongest part of your hand!

Line up the knuckles on your hand that you would normally use to *knock on a door* (door-knocking knuckles). This allows your wrists to roll properly after making contact with the baseball. Keep the hands close together.

Keep your fingers very loose and relaxed. The umpire should be able to take the bat out of your hands as you prepare for the pitcher to deliver the baseball. A good habit to get into is to wiggle your fingers while in your stance. Your fingers will naturally tighten around the bat's handle as you proceed to swing. Do not choke the bat by putting a "death-grip" on it. This added tension will produce a slow bat, which means little or no power.





United Kingdom Youth Baseball Association

Module 5 – Baseball Techniques

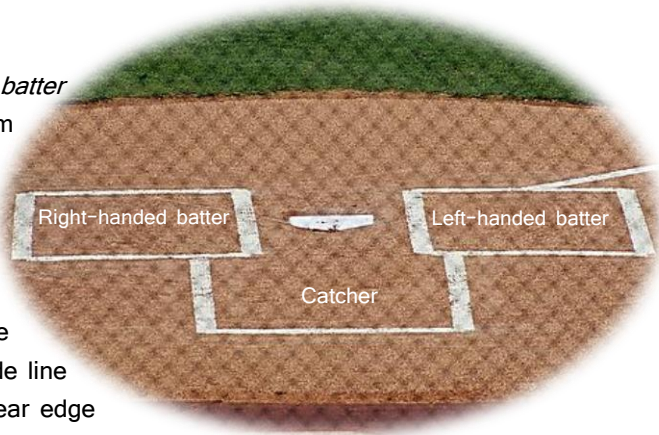
Section 2

The Mechanics of Hitting

➤ The Batter's Box

The **batter's box** is the place where the *batter* stands when ready to receive a pitch from the pitcher.

There are two batter's boxes, one on each side of home plate. The batter's boxes are *4 feet wide* and *6 feet long*. The batter's boxes are centred lengthwise at the centre of home plate with the inside line of each batter's box *6 inches* from the near edge of home plate.



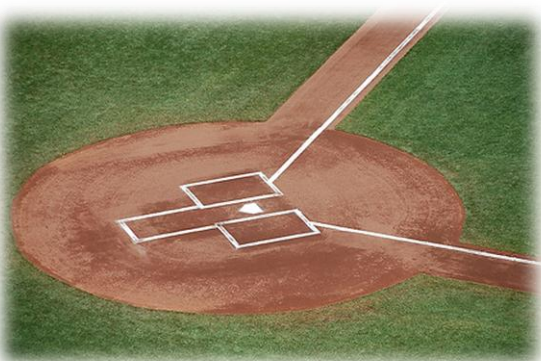
The *catcher's box* is *43 inches* wide, centred on and extending 8 feet behind the point of home plate.

The batter shall take his position in the batter's box promptly when it is his time at bat, and shall not leave his position in the batter's box once the pitcher comes to a *Set Position*, or starts his *windup*.

If the batter leaves the batter's box, he does so at the risk of having a strike delivered and called, *unless he requests the umpire to call "Time."* The batter's *legal position* shall be with **both feet within the batter's box**. The *lines* defining the box are within the batter's box, so it is legal for the batter to have one or both feet touching the lines.

If a batter hits a ball fair or foul whilst out of the batter's box, he shall be called out. Umpires should pay particular attention to the position of the batter's feet if he attempts to hit the ball while he is being intentionally walked. A batter cannot jump or step out of the batter's box and hit the ball.

If the batter hits or *bunts* a ball that rebounds off the bat or ground and makes contact with the batter himself, as long as he is in the batter's box when the ball made contact with him, he will not be ruled – "out." However, if the batter hits or bunts a ball that makes contact with him while he is out of the batter's box, he will be ruled – "out."



The foul lines extend from the batter's box, past third base and first base, and carry on to the outfield barrier.



United Kingdom Youth Baseball Association

Module 5 – Baseball Techniques

Section 2

The Mechanics of Hitting

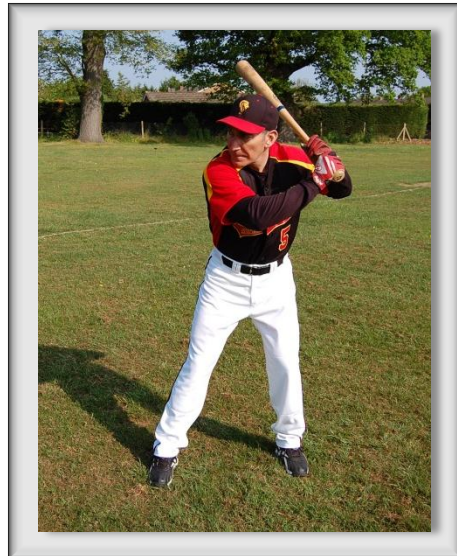
➤ The Batting Stance

There are a variety of batting stances, with no right or wrong way to stand. Some hitters prefer a wider stance, but remember that they have developed their style and swing with years of practice.

Don't stand straight up. Spread your legs roughly shoulder-width apart to where you feel comfortable and steady. If you bend your knees a little you will not feel stiff, and will be in a ready position.

Put both eyes on the pitcher, not just one. You'll be able to see the pitch better. Try to pick up the ball as early as possible for better success. It is important to keep your eyes on the "baseball," even when it is in the *pitcher's glove*. Keep your eyes on the ball, as the pitcher takes the ball from his glove, with his throwing hand. As you practice this, you will learn to see the rotation of the ball as it is thrown. This will prove extremely, helpful when you face a pitcher who throws a variety of pitches (*fastball, curveball, change*).

It is important to feel comfortable at home plate, and not out of balance because hitting transfers weight from your back side to your front side as you swing the bat. The slightest uncomfortable feeling, can alter your swing.



➤ The Stride



*One of the most common mistakes made by hitters is having the **stride be part of the swing**. In fact, hitters should perform the stride before the swing, while **keeping their hands back**.*

*During the stride, you **should not** transfer your weight from the back leg to the front leg. Hitters who transfer their weight in this manner, have a difficult time handling off-speed (slow) pitches.*

(Looks like they are lunging at the pitch.)



United Kingdom Youth Baseball Association

Module 5 – Baseball Techniques

Section 2

The Mechanics of Hitting

➤ The Stride (cont)

Having good *hip rotation* is a critical piece of the swing for hitting with power.

For the hitter who **transfers his weight forward** with the stride, or **takes a long stride**, power is lost not only from the transfer of weight at the incorrect time, but also from the inability to rotate the hips properly.



You must remember; hitting a baseball is not dependent on how big your arms are, or how strong you think you are. A proper baseball swing is generated from the ground – up. In other words, your hitting and *throwing* power is generated from your *legs* and *hips*. **Hip rotation and weight shift** are paramount in a successful baseball swing.

The *natural inclination* is to begin your swing as soon as possible. The thought is that no one wants the ball to get past them, so they tend to start the swing early to “get out in front.” In doing so, they might be taking a long stride with their front foot (over 3-5 inches), which causes them to transfer some or all of their weight to their front foot, too early.

When a hitter does this, his or her *head* and *hands* tend to move forward, along with the hips and weight (power).

In an attempt to “get the bat out quickly,” we then throw our hands and bat at the ball, which causes the bat head to lag behind. This is why some hitters complain of; “often hitting the ball off the *HANDLE* of the bat.”



Notice that the head is looking up, the front shoulder is pulled open, and the hands are out in front, but the bat-head is far behind.



United Kingdom Youth Baseball Association

Module 5 – Baseball Techniques

Section 2

The Mechanics of Hitting

➤ The Stride (cont)



If the hitter does happen to take a long stride (more than 5 inches), but manages to **keep his hands back**, he may still be in a good hitting position

The key is to stride out with the **inside portion of your front foot**.

One way to think of it is to act like your striding onto a dozen eggs and you don't want to break those eggs. By doing that you will keep your weight back.

Make sure you stride with your front foot closed. If you open up your front foot towards the pitcher, you will also open up your hips which will cause a loss of power when you do swing.

Notice: (1) the head has not moved and is focused on the ball, (2) the front shoulder is in and has not opened up, (3) the hands are back and high, (4) the weight is back.



As the pitch is thrown, your *weight should shift to your back leg* and your hips should “cock” as if you are trying to coil and then un-coil, and your *hands should be kept back*. Some people call this; “**loading.**”

This is helpful in preventing over striding.

Keeping your head steady and on the ball, your hips, and shoulders are drawn slightly back – along with your weight.

As you shift your weight backwards, your **front foot now lifts** up and is put down, ever so slightly (on the ball of the foot), keeping the distance of the step no more than 3” – 5.” When you step, do not collapse the front leg. Keep it slightly bent until you begin your swing.



United Kingdom Youth Baseball Association

Module 5 – Baseball Techniques

Section 2

The Mechanics of Hitting

➤ The Swing

The pitch is on the way, your hands are back and high. Your weight is on your back leg, and you've taken your stride. Now you're ready to swing. The first thing to realise is that your **swing should not be driven by your arms**, but by your legs and hips. We'll take a look at each area of your body and follow it through the swing.

Legs and Feet

As your hips open and your weight moves forward, your **back foot** will pivot towards the pitcher and your **back knee** will turn in. The **front foot** will not pivot and you will want to keep that leg stiff. It's not necessary to keep it completely straight, but you don't want to flex it as you transfer your weight. (This can cause your head to drop as you are tracking the ball.)

Hips

Your hips (the first part of your body to move), *rotate forward* and your back foot pivots. It should feel as if *the back hip is driving the hips open*, **not** the front hip pulling the hips open. A player who is *pulling open* will often start by pulling his *front shoulder* open.

Your legs and hips are going to drive your swing and provide power. The weight is now shifting to the *front inner thigh*, as your hips are rotating to where your *belly button* is facing forward (on an outside pitch, the belly button will be facing towards where the ball is pitched). The **quicker** you can rotate your hips, the **quicker** your swing will be. This *rotational velocity*, is what provides power in a baseball swing.

Arms and Hands

When you begin your swing, your hands should be at the top of the strike zone. Any lower and you will be *swinging up* at a high strike. This most likely will result in a fly ball or pop-up.

To have a quick bat, you must start your swing by bringing your hands through *close to your body*, and **throwing the knob (bottom part) of the bat at the ball**. This what is commonly referred to as; "throwing your hands at the ball."

* The moment your **back hip generates open**, your **hands should follow**. You should not open your hips, and then swing the bat. Consequently, you should not swing first and then open your hips.





United Kingdom Youth Baseball Association

Module 5 – Baseball Techniques

Section 2

The Mechanics of Hitting

➤ The Swing (cont)



Remember to extend the bat towards the ball just before contact. As you make contact with the ball, your **bottom hand** should be *palm down* and your **top hand** should be *palm up*.

This means that you **haven't** yet rolled your wrists over. Rolling your wrists happens naturally **after** hitting the ball.

An important point is to notice that the “top-hand,” *arm* is slightly bent when contacting the ball. The reason for this is to provide “pushing power.” If your arms are *extended* when you make contact with the ball, you will have no power left to drive the ball.

Think of it as a boxer, throwing an “*upper-cut punch*.” His arm is bent and upon impact it extends to provide power to drive back his target.



It is very important to keep your **head** and **eyes** steady, and on the ball as it approaches home plate. If your head moves, your entire body will follow. If you focus on watching the ball as it is in the pitcher's **hand** or **glove**, it will help to keep your head and eyes focused on the pitch. Concentrate on driving the bat *through the baseball*. Hit the ball hard first, then run.



As your hands continue forward and your wrists roll over, the swing will carry your **arms** and **hands** across and around your body. A proper swing with follow through will leave you in a position where; your **belly button** is facing the pitcher, your weight has been transferred from your back leg to your **front leg**, your **wrists** have rolled over, and the **bat has been swung** completely around to the side opposite from where it began.



United Kingdom Youth Baseball Association

Module 5 – Baseball Techniques

Section 2

The Mechanics of Hitting

➤ Bunting

The primary goal in bunting is to ground the ball into fair territory, as far from the fielders as possible, while staying within the infield. This requires not only physical dexterity and concentration, but also a knowledge of the fielders' positions, their relation to the base runner or base runners, their likely response to the bunt, and knowledge of the pitcher's most likely pitches.

The bunt (commonly known as: *laying down a bunt*) is often characterized by the batter turning his body toward the pitcher and sliding one hand up the barrel of the bat to help steady it. This is called **squaring up**. Depending on the type of bunt, the batter might square well before the pitcher begins throwing, or as the pitch is being delivered. There are two basic styles of bunts and two basic techniques of bunting. We will first look at the two *basic techniques of bunting*.

Square around

With the square around method, you will want to **pivot on the front foot** and move the **back foot forward**, even or slightly forward of your pivot foot. This will **square up your shoulders toward the pitcher**. The advantage to using this method is that it's easier to bunt the inside pitch. The disadvantages are that it takes longer to get in position and you must be careful not to step out of the batters box or on the plate. *If you step on home plate you will be called out.*



Both Techniques are mostly used as a **sacrifice bunt** – where a batter clearly let's the defence know that he is bunting, so that a runner or runners may advance a base to be in a better position to score a run. The batter gives himself up for the better good of the team.

Pivot

With the pivot method, you will **pivot on the foot closest to the mound**. At the same time you must get the bat in the proper position to bunt (Barrel of the bat higher than the grip, top of the strike zone, not too close to the body). As you do this, bend both knees forward in the same direction. The hitter also lowers his head to a position that enables him to track the ball to the plate. From the waist up, the body is in the same position in both the square-around method and the pivot method of bunting.



The best way to bunt is to imagine that you are catching the ball with the bat, instead of the glove. As the pitch approaches, hold the bat steady and let the ball hit the bat. **DO NOT MOVE THE BAT**, to adjust to a low or high pitch. You can adjust to the pitch by bending or raising up, using your legs and not your arms or hands.

Tilt the bat to direct the ball towards third base or first base, but be certain to keep it on top of the ball. If you lower the bat, you run the risk of missing the pitch or bunting it in the air.



United Kingdom Youth Baseball Association

Module 5 – Baseball Techniques

Section 2

The Mechanics of Hitting

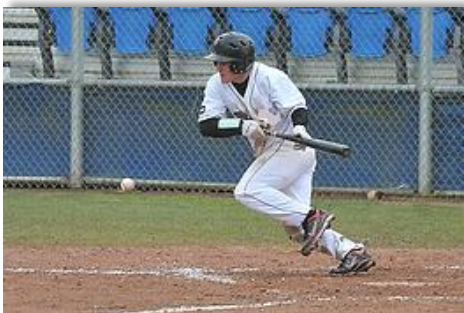
➤ Bunting (cont)



Sacrifice Bunt

A **sacrifice bunt**, is when the batter will put the ball into play with the intention of advancing a base runner, in exchange for the batter being thrown out. The sacrifice bunt is most often used to advance a runner to a base closer to home plate. The sacrifice bunt is most often used in close, low-scoring games, and is mostly used to advance a runner from first base to second base. A sacrifice bunt is not counted as an *at-bat*. In general, when sacrifice bunting, a batter will square to bunt well before the pitcher releases the ball.

The *squeeze play* occurs when the batter sacrifices with the purpose of scoring a runner from *third base*. In the suicide squeeze it is integral that the batter bunt the ball, or the runner—who is *running towards home with the pitch*—will likely be tagged out easily. Due to the high-risk nature of this play, it is not often executed but can often be an exciting moment within the game. If a runner scores in a squeeze play, the batter may be credited with a run batted in (RBI).



Bunting for a Hit (*Drag Bunt*)

This is **not a sacrifice play**, because the batter is trying to reach base safely, without any intention of advancing a runner. A batter may attempt to bunt for a base hit while there are runners on base. If the runner(s) advance and the batter is thrown out, the official scorer *may* judge that the intention of the batter was to bunt for a base hit. Thus, the batter will not receive credit for a *sacrifice bunt*. A batter bunting for a base hit will often hold back his bunt while the pitcher begins delivering the ball, in order to surprise the fielders.

Often when attempting to bunt for a hit, the batter will begin running as he is bunting the ball. This is called a **drag bunt**. Left-handed batters perform this more often than right-handed hitters, because their stance in the batter's box is closer to first base, and they do not need to run across home plate, where the ball will be pitched, as they bunt.

Grip

Most players are taught to grip the bat with the *upper hand* by sliding the hand up the barrel towards the trademark and gripping the bat between the **index finger and thumb**. You may lose a little control of the bat this way, but it keeps the fingers behind the bat and reduces the chance of the fingers being hit.

If the ball is pitched high or low, remember to use your legs to either bend or straighten up in order to make contact and try not to move the bat





United Kingdom Youth Baseball Association

Module 5 – Baseball Techniques

Section 2

The Mechanics of Hitting

EXAM

At this time, please refer to the:

Module 5, Section 2 Mechanics of Hitting EXAM

When you have completed the test, please email it to:

tony@youthbaseballassociationuk.co.uk



United Kingdom Youth Baseball Association

Module 5 – Baseball Techniques

Section 3

Fielding a Ground Ball

➤ Fielding a Ground Ball



Ready Position

When you get in the **ready position**, you need to be ready to field any ball hit or thrown in your direction. Most importantly, you must be ready to *move*. The ready position is an athletic position that allows you to move quickly in any direction.

- Bend your **knees** and **back** comfortably.
- Place your **feet** a little wider than shoulder width apart, and keep your **bottom** down.
- Put your weight on the inside balls of your feet so you can push off in either direction easily.
- Place your **arms** out in front of your body comfortably and not too far away.

You should have your glove open and ready to field a ball.

Pre-Pitch Routine

Most players devise a pre-pitch routine that puts them in the ready position **as the ball crosses the plate**. Get your momentum moving forward, and don't sit back on your heels. It may be a shuffle of the feet or a little hop. Whatever method you use, make sure you're balanced, comfortable, and ready to move. You want to be aggressive and play the ball rather than have the *ball play you*.

When fielding the ball, your **non-glove-hand-side foot**, should be slightly behind your **glove-hand-side foot**.

*To assist the catch and for a fast reach in and throw, your **throwing hand** should be on top of the ball as it enters your glove.*

Before you *take the field* and the game begins, take a walk around the infield to survey the terrain. Learn where the ground is uneven and where a **bad-hop** is likely to happen.





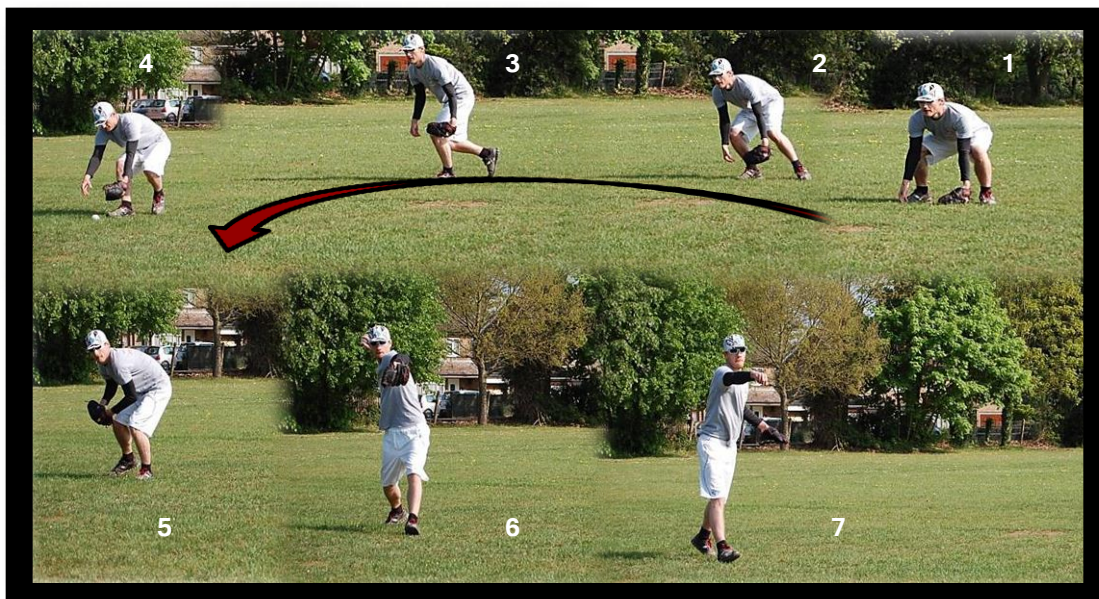
United Kingdom Youth Baseball Association

Module 5 – Baseball Techniques

Section 3

Fielding a Ground Ball

➤ Fielding a Ground Ball



1. All infielders should begin every play in a crouched position, with their glove close to or on the ground.
2. When a ball is hit in your direction, do not stand straight up, but rather stay in a *semi-crouched* position as you approach the ball.
3. If you approach the ball in a straight line, when you field the ball, you will have to stop, and then turn your body in the direction of where you are going to throw. Rather approach the ground ball in a *semi-circular* way – *rounding the ball*, with your momentum going towards where you are going to throw (ie: first base).
4. Stay low to the ground as you get closer to the ball and in position to field it. Do this by, shortening your steps. Bend not only at the knees but also with your back. Put your hands out in front of your body and open your glove toward the ball with your bare hand on top. Bending both your knees and back whilst reaching for the ball will allow you to catch the ball *out in front of you*. By doing this, you can **watch the ball** all the way into your glove.
5. You have rounded the ball, fielded it, and now your momentum is moving towards your target. Remember to set yourself (prior to throwing) by planting your throwing-hand side leg and using it to push off as you throw (see photo lower left corner). The hands come in to your body as you bring the ball out of your glove.
6. You point your *glove-side* shoulder and foot to your target, turn your hips into the throw while keeping your throwing arm elbow at shoulder height or higher.
7. Finally, the throw. The throwing arm follows through as you throw. To make an accurate throw, you can not only follow through with your arm, but you can also take a few steps in the direction of the throw once you have thrown the ball.





United Kingdom Youth Baseball Association

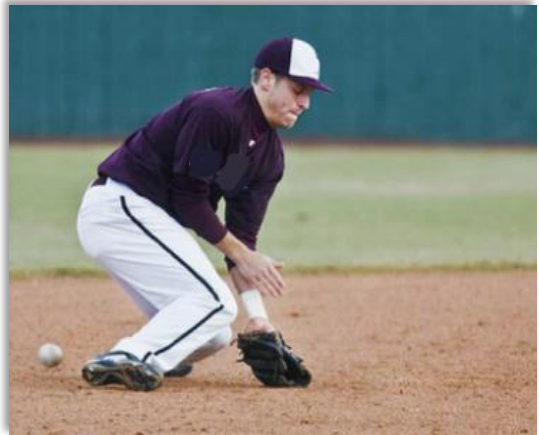
Module 5 – Baseball Techniques

Section 3

Fielding a Ground Ball

➤ Fielding a Ground Ball *(cont)*

It is important to catch a ground ball, in front of you. When you catch the ball **under you**, you lose the ability to *give* with your hands. By doing this, you cannot watch the ball all the way into your glove; most likely you are bending either with your *knees* or *back* but not both.



You want “soft hands,” a term used to describe a fielder who catches the ball out front of his body and seems to **absorb** the ball from that position into a position to throw. With soft hands, you can make last second adjustments to a bounce that was different than expected.

Your glove must be in a good position to field the ball: open and close to vertical. This gives you the most area to catch the ball.

Unless the ball is hit sharply at you and you don't have time, get in the habit of moving toward the grounder as you prepare to field it. Notice the word **charge** wasn't used – that word implies running towards it as fast as you can. Unless it's a slow roller, you want to approach the ball in a controlled manner that is aggressive but not out of control.

You must first field the ground ball, and then throw it to a base. Too many young players think about throwing the ball, before they catch it. Result – error and everyone is safe!

Prior to any ball being hit, all fielders should think:

“if a ball is hit to me, where shall I throw it?”

This will help the fielder to concentrate on fielding the ball, without thinking where to throw it – as he is trying to catch it.



United Kingdom Youth Baseball Association

Module 5 – Baseball Techniques

Section 3

Fielding a Ground Ball

EXAM

At this time, please refer to the:

Module 5, Section 3 Fielding a Ground Ball EXAM

When you have completed the test, please email it to:

tony@youthbaseballassociationuk.co.uk



United Kingdom Youth Baseball Association

Module 5 – Baseball Techniques

Section 4

Fielding a Fly Ball

➤ Fielding a Fly Ball

When the ball is hit, get a good start, or '*jump*.' A good jump depends on your reaction time, which can improve through repetition. Keep watching the ball as the pitcher throws it all the way to the plate; both the location of the pitch and your knowledge of a particular hitter helps you anticipate where the ball may go and give you a chance for a better jump.

One of the most difficult fly balls to judge is the ball hit directly at you. If you don't immediately recognise whether the ball is going over your head or going to drop in front of you, your first step should be a **drop step** (taking one step back) with your throwing hand side. It is much easier to run in on the ball, than to run backwards. Start back and then adjust.

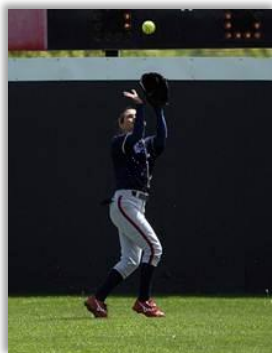
The reason to drop back with your throwing hand side is if you need to switch sides as your running back on the ball it's much easier to switch with a **crossover step** from your throwing hand side to your glove hand side and make the catch then the other way around.



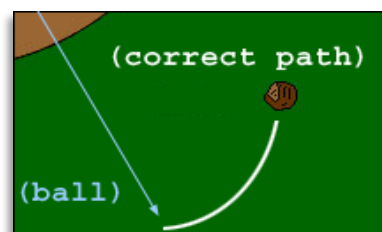
Try to determine where the ball is and listen. The other fielders may be able to see the trajectory of the ball better than you and tell you to go in or go back. If the sun is blinding you, you can use your glove to shade your eyes. Once you have determined approximately where the ball is going to land, start running hard to that spot. This will give you time to make adjustments, if you have misjudged the ball. If you *jog* toward the ball and you find the ball is going to land farther away than anticipated, you may not have time to get to that spot.

If you run on your heels toward a fly ball, your head will bounce up and down. Thus, you will notice that the ball appears "*bouncy*" in the air as it approaches, and harder to catch.

Run hard and try to keep more on the front part of your feet and the ball will remain steady in your vision.



Just as infielders do when fielding ground balls, the outfielder must attempt to circle the fly ball, get behind it, and start moving in the direction of his throwing target as he catches the ball. Try to always use 2 hands when catching a fly ball.





United Kingdom Youth Baseball Association

Module 5 – Baseball Techniques

Section 4

Fielding a Fly Ball

EXAM

At this time, please refer to the:

Module 5, Section 4

Fielding a Fly Ball

EXAM

When you have completed the test, please email it to:

tony@youthbaseballassociationuk.co.uk