**Throwing Basics**

* + Grip
    - Hold with fingertips and pads of hand
      * ***No palm; don’t “choke” the ball***
    - Three middle fingers on top of the ball
    - Thumb on bottom, look for “C” of thumb and forefinger
  + Lower Body Movement
    - As beginning to throw
      * Back foot (foot of throwing hand) perpendicular to target
      * Lift and Step with front foot toward target
      * The stride will cause body to turn sideways, pointing non-throwing hip at target
      * This allows hip and trunk rotation to whip throwing arm forward
  + Arm Action/Hip and Trunk Rotation
    - Simultaneous with Lower Body Movement
      * Bring throwing arm back, past back foot
        + Keep elbow high at or close to shoulder high
        + Elbow and Armpit should form 90 degree angles
        + Hand on top of ball

If look back should see hand/not ball

* + - * Point glove at target
      * Shoulders, hips and non-throwing arm should be pointing at target
  + Release
    - Rotate hips and trunk
    - Whipping throwing arm forward toward target
      * Lead with elbow,
      * Then “whip” forearm, extending arm
        + Use Elbow as pivot to smoothly fling the ball
        + ***Do not push the ball***
      * Ball over the ear
      * Release high
        + ***Motion should be smooth, no hitch or freeze***
    - Pivot back foot
      * ***“Feet not in concrete”***
      * Back Knee should be pointing at target on follow through
    - Throwing Arm “follows through”, pointing to the target
      * Changes places with non-throwing arm

**Fielding Stance**

* + Feet Shoulder Width apart
  + Weight balanced, toward balls of feet (not on heels)
  + Knees slightly bent
  + Slight bend forward at the waist
  + Throwing hand in glove
  + Glove/Hands positioned in front of body, chest high

**Catching Basics**

* + Watch the ball into the glove
    - ***Do not stab/swat at ball or hold arm out stiffly***
    - Elbows slightly bent
  + Keep glove fingers pointing to the ball
    - Balls approaching above the waist – fingers pointing up (“tips up”)
    - Balls approaching below the waist – fingers pointing down
  + Catch the ball with two hands
    - Throwing hand right next to glove (thumb–to-thumb), or
    - Throwing hand just behind the webbing of the glove
  + Cover ball, after ball reaches the glove, with throwing hand
    - ***Teach squeeze thumb and pinky sides of glove to avoid smashing fingers***
  + As catching the ball, bring hands in to the body (“soft hands”)
    - ***Don’t let ball fling glove back***
  + Bring the glove and throwing hand toward throwing side ear and begin transfer ball to throwing hand, finding proper grip
* Grounders
  + Move in front of ball, if can
  + Break down into athletic position
  + Put glove down between legs AND in front of body (in front of feet)
  + Throwing hand along side of glove
  + Default position is glove on the ground,
    - do not anticipate bounce
  + Watch the ball into the glove
  + Cover ball, after it reaches the glove, with throwing hand
  + Bring ball up to belly button with both hands (“soft hands”)
  + Bring the glove and throwing hand toward throwing side ear and begin transfer ball to throwing hand, finding proper grip
* Fly Balls
  + Move in front of ball
  + Catch the ball above the forehead
    - ***Do not stab/swat at ball or hold arm out stiffly***
    - Elbows slightly bent
  + Catch the ball with TWO hands
    - Throwing hand right next to glove (thumb–to-thumb), or
    - Throwing hand just behind the webbing of the glove
  + Cover ball, after ball reaches the glove, with throwing hand
    - ***Teach squeeze thumb and pinky sides of glove to avoid smashing fingers***
  + As catching the ball, bring hands in to the body (“soft hands”)
    - ***Don’t let ball fling glove back***
  + Bring the glove and throwing hand toward throwing side ear and begin transfer ball to throwing hand, finding proper grip