**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