

FIELDING AND THROWING MECHANICS

From USA Softball, the following videos provide breakdowns of the various components of each activity. From foot placement and arm angle during throwing to proper positioning when fielding a ground ball, Former USA Softball Olympic and current University of Arizona head coach Mike Candrea and Former USA softball players discuss and demonstrate the fundamentals for beginning players and look at more advanced techniques (positioning for shortstops on a ground ball to the right with a runner on first).

All levels:

Foundations of Throwing: [Video Link](#)

Foundations of Hitting: [Video Link](#)

Foundations of Fielding: [Video Link](#)

Foundations of Baserunning: [Video Link](#)

Throwing Footwork: [Video Link](#)

Sophomore And Junior Level:

Fielding Glove-Hand Side: [Video Link](#)

Fielding Back-Hand Side: [Video Link](#)

Fielding Slow Rollers: [Video Link](#)

PLAYING EACH POSITION

First Base: [Video Link](#)

Contents:

- Right-handed throwing player's position on throw to second
- Fielding bunts
 - Opening up to the field
 - Throw to first
 - Throw to second
 - When to use glove and when to bare-hand
- Footwork around base
 - Turning toward the infield

- Set up in front of the base
- Waiting to stretch to adjust to incoming throw
- Cutoff/relay
 - Positioning on infield
 - Listen to your catcher
 - Turn toward the pitching mound for right-handed players and toward the line for left-handed players

Middle Infielders: [Video Link](#)

Contents:

- Shortstop covering second in bunt situations (ball bunted to left side of infield or to pitcher)
- Covering second during a steal attempt
 - Cutting distance to base
 - Receiving the throw and glove position
 - In front of the bag
 - Straddling the bag (preferred for EGGS)
- Throws from the outfield/relay person
 - Whose responsibility on ball hit to center/left field
 - Whose responsibility on ball hit to center/right field
 - Positioning on bag
- Cutoff/relay
 - Positioning
 - Alert alert alert
 - Making the turn to throw

Third Base: [Video Link](#)

Contents:

- Setting the body's base to make the throw
 - Backhand side
 - Glove-hand side
- Fielding bunts
 - Throwing to second
 - Setting the angle
 - Rounding the ball
 - Throwing to first
 - Raking the ball

- Replace your feet
- Receiving throw from the outfield
 - Straddle
 - Moving up on bag for throws from right side of field (outfield or second/first)
- Cutoff/relay
 - Positioning on infield
 - Listen to your catcher
 - Turn toward the line for right-handed players and toward the mound for left-handed players

Shortstop: [Video Link](#)

Contents:

- Force feed to second away from second base
- Force feed to second toward second base
 - Unassisted force out at second
 - Underhand feed
- Covering second base
 - Where to receive
 - How to receive
 - Making the turn to throw to first

Second Base: [Video Link](#)

Contents:

- Force feed with ball hit directly to you
 - Standing
 - From one knee
- Force feed with ball away from second base
 - Cross over and jump step
 - Cross over and turn toward outfield
- Force feed with ball toward second base
 - Backhand flip
 - Underhand flip
 - Take on your own
- Covering second base
 - Where to receive
 - How to receive

- Making the turn to throw to first

Outfield: [Video Link](#)

Contents:

- The stance
 - The ready position
 - Feet
 - Hips
 - Turns
 - The approach
 - Securing the catch
 - Glove in and glove out
- Transition to throw
 - Glove placement at catch for transition to the throw
- Changing directions
 - Feet chop
 - Transition from left to right and right to left