

# RFYBO Baseball Fundamentals

## Fundamentals of Hitting

(Cage, Soft Toss, T Work, Bunting)

1. A firm grip with the bat held by fingers, not palm of the hand
2. A balanced workable stance with both eyes facing the pitcher
3. Moderate stride with the front toe closed
4. Maintain the weight back during the stride
5. Have the bat in the “launch” position when the front toe lands
6. Start with a strong, level rotation of the hips: this pulls the knob to the ball
7. Weight shift from firm back side to firm front side
8. Strong wrists release the barrel to the ball
9. Bat should be level to slightly upward through the hitting zone
10. Keep the head still throughout the swing

## Fundamentals of Throwing

1. Grip with light pressure, two fingers on top and edge of thumb on the bottom of the ball
2. Athletic position has weight on balls of feet, nose over toes
3. Action begins with thumbs and palms down, throwing hand on top of ball
4. Reverse arm swing stays even or ahead of the shoulders, never behind the shoulders
5. Lead shoulder and lead hip pointed at the target, lead heel to the target
6. Throwing elbow should be above the shoulder at “launch”
7. Weight should be on the back leg at “launch”
8. Throwing action begins with a strong, level rotation of the hips and trunk
9. Throwing elbow and shoulders are aligned at release point
10. Throwing motion finishes as long in time and distance as possible

## Fundamentals of Infield

1. Athletic position with feet at shoulders width, knees bent, weight on balls of feet
2. Get ready as the ball is pitched, keeping glove open
3. Approach the ball slightly to the right of the ball for right handed players
4. Get lower as you approach the ball, like an airplane, not a helicopter
5. Glove is on the ground out front, feet and glove make a balanced triangle
6. Bare hand is above the glove, heels of both hands together, butt down
7. Receive the ball by bringing the glove and bare hand toward the body (soft hands)
8. Grip the ball by four seams
9. Jab step the back foot in front of your body
10. Follow the fundamentals of throwing above

## **Fundamentals of Outfield**

1. Starting athletic position with shoulders square to hitter
2. Weight shifts to balls of feet as pitcher delivers ball to plate
3. Concentrate on the ball contacting bat to anticipate ball flight early
4. Response to the ball is open move so your chest faces the ball
5. Sprint behind fly balls so you are moving toward the target when ball is caught
6. Catch fly balls slightly to the throwing side, glove above the cap
7. Field ground balls like an infielder unless a quick throw is required
8. Crow hop jumps off the front foot, back foot comes in front replacing front foot
9. Fundamentals of throwing are followed after completing crow hop
10. Cutoff throws should be aimed at the knees and thrown in a line

## **Fundamentals of Catching**

1. Set up a little to the backhand side
2. Feet outside shoulders with toes slightly out
3. Make sure the target to the pitcher is a flat mitt
4. With man on base bare hand goes with glove since tips go above or below the bat
5. If you can touch the hitter's back elbow you are at the right distance
6. Relax your catching arm and let the ball come to you
7. Begin the throwing action before you receive the ball (ball 10' from home plate)
8. Ball to middle or right is jab step, ball to left is "replace left foot with right"
9. Push the ball to the right shoulder with the glove; follow throwing fundamental
10. Block by replacing feet with knees using glove to plug the hole between your legs

## **Fundamentals of Base Running**

1. Athletic stance for lead off
  - Feet at shoulder width
  - Knees slightly bent
  - Arms fixed in front of body
  - Weight on balls of the feet
  - Body bent forward at 45 degrees
2. Pivot on the right foot, drive left hand toward 2<sup>nd</sup> base, right elbow back to 1<sup>st</sup>
3. Crossover with the left foot and stay low as you accelerate
4. Maximize the effort going forward, minimize other directions of movement
5. Arms, hands are relaxed and swing parallel to running line
6. Push hard off of the back foot and stretch the lead knee out forward
7. Land on the ball of the lead foot and push off the ball of the back foot
8. Try to keep the head level
9. Listen for the coach to direct your next movement (slide, go 3)
10. Try not to run and watch the ball, know where the ball is but do not slow down to watch