

# ABF National Playbook:

## Infield

# Ground Ball Fundamentals: The Six “F”s

Feet

Field

Funnel

Footwork

Fire

Follow

## 1. Feet



- Body should be in a lively, active position as the ball comes into the hitting zone. This usually requires preparatory movement as the pitcher delivers the ball.
- Avoid excessive movement toward the hitter (reduces lateral range). Wide base (feet wider than shoulder width).
- Middle infielders are usually better off in a more upright position than the corners.
- Expect the ball will be hit to you every pitch



- Approach the ball “like a plane coming into land”, (not like a helicopter). That is, lower the body gradually as you near the ball.
- Receive ball in front of the eyes (not underneath them)
- Move through the fielding position rather than remain fixed & rigid (“Left foot down as the ball hits the glove”)

## 2. Field



- Wide base.
- Head directly over the line of the ball.
- Field the ball out in front of the eyes.
- Body should be low enough to allow glove to reach the ground while the arm has some bend.

### 3. Funnel



- Bring the ball in two hands to the centre of gravity (this makes for better balance)

### 4. Footwork



- “Replace your feet”.
- The right foot comes down where the left foot had been prior to the crowhop.
  - At the same time, the left foot moves toward the target.
  - At no time do the feet cross over



- This enables the feet, hips & shoulders to come down properly aligned to the target.
- As the feet are moving, the arm moves into throwing position

## 5. Fire



## 6. Follow













## Routine flyball











- Position yourself under the ball as early as possible.
- As the ball descends, sight it over the top of the glove (raising the glove too early or too high can inhibit balance)
- Catch the ball at or above eye-height
- Cushion the impact if necessary (soft hands)

## Ground Ball Variations

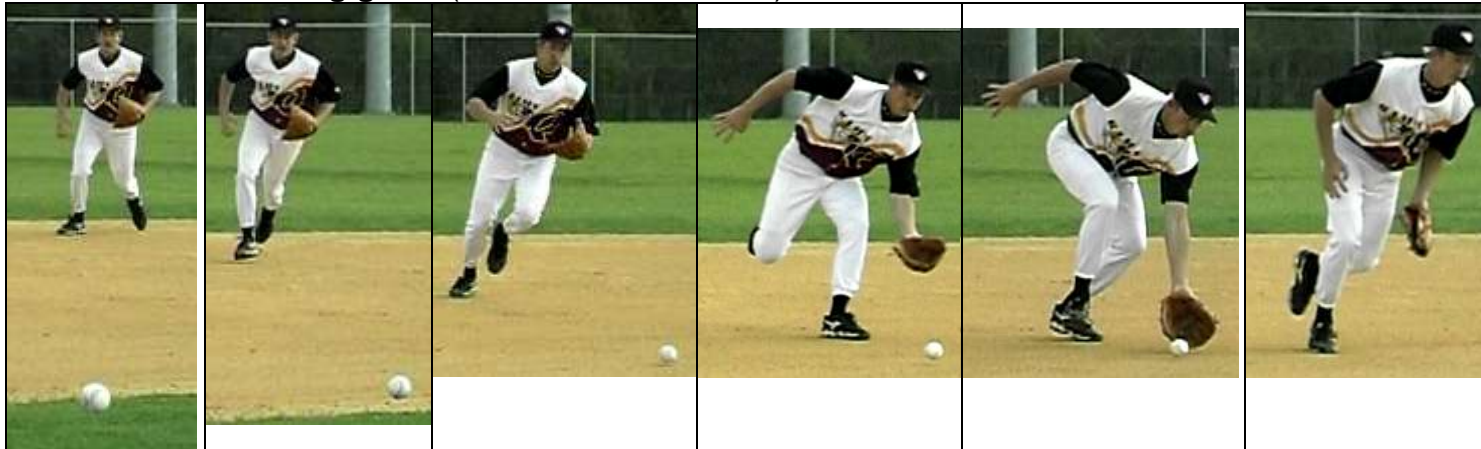
### 1. Forehand play

							<ul style="list-style-type: none"> <li>• Crossover step</li> <li>• Move rapidly to ball</li> <li>• Lower body as approaching ball</li> </ul>
						<ul style="list-style-type: none"> <li>• Field ball (using only one hand when moving rapidly usually provides for better balance).</li> <li>• Replace the feet</li> <li>• Fire &amp; follow</li> </ul>	

### 2. Coming in on a medium roller

							
• Attack the ball	• Be under control to field ball	• Replace the feet	• Fire & follow				

### 3. Slow roller using glove (to left side in this case)

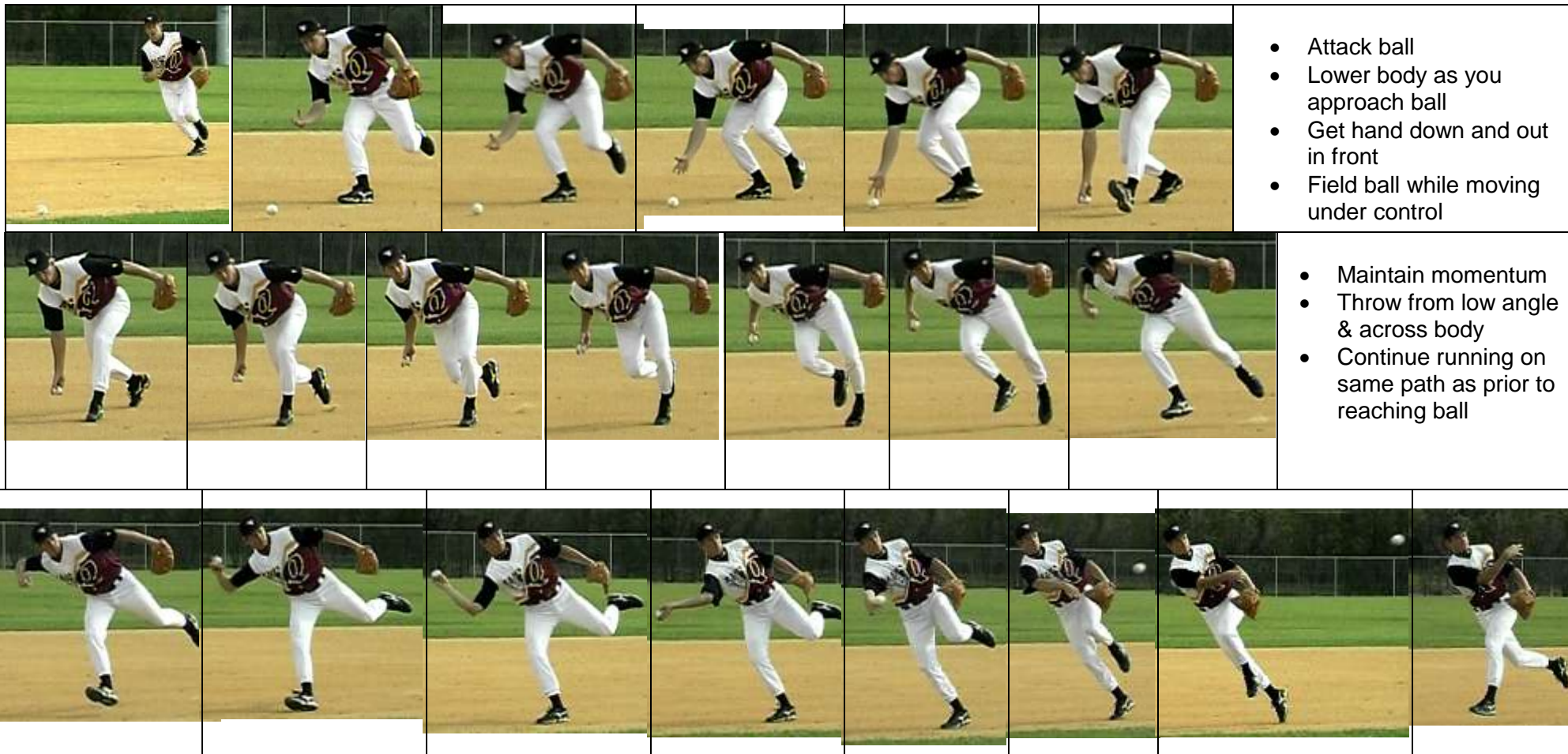


- Attack ball
- Lower body as you approach ball
- Get glove down and out in front
- Field ball while running under control



- Maintain momentum and throw on the run










#### 4. Slow roller using bare hand (for stationary ball or one moving very slowly)

















## Backhand Plays

### 1. Basic method

				<ul style="list-style-type: none"><li>• Right foot is positioned directly in line with path of ball: "Foot behind the ball".</li><li>• Wide base (preferably wider than in these pictures)</li><li>• Low posture</li><li>• Head over the ball</li></ul>	
					<ul style="list-style-type: none"><li>• Align left foot to target (weight is substantially loaded on right leg)</li><li>• Push off right leg</li><li>• Fire &amp; follow</li></ul>

## 2. Replacing the feet (when time is ample)

				<ul style="list-style-type: none"><li>• Field the ball as per Routine play (see above)</li></ul>				
								<ul style="list-style-type: none"><li>• Push off right side</li><li>• Replace the feet (crowhop ensuring right foot comes down where left had been)</li><li>• Fire &amp; follow</li></ul>

### 3. Field ball on left foot (when unable to adjust feet for preferred method; see above)



- Left foot in line with path of ball
- Wide base
- Low posture
- Head behind ball



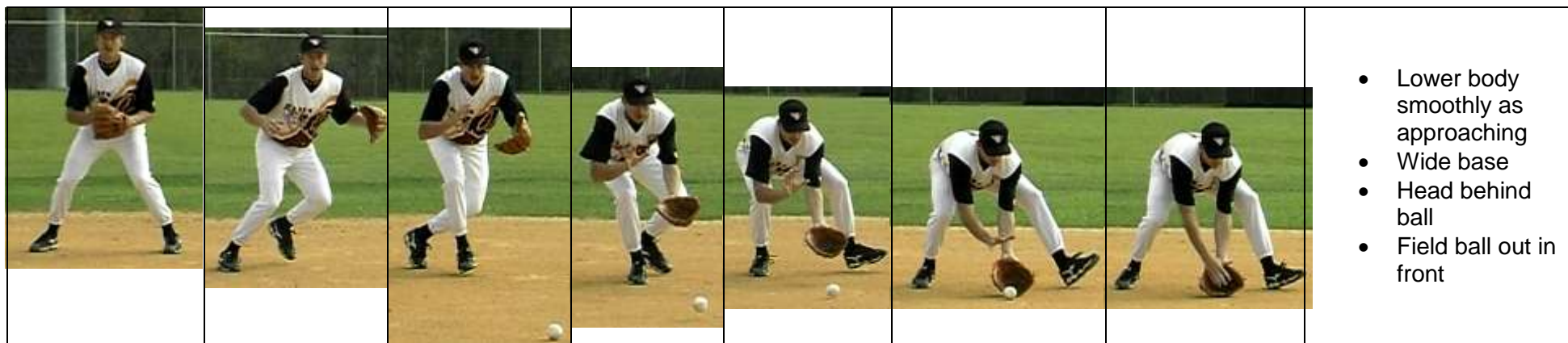
- Replace the feet
- Bring ball to throwing position



- Fire & follow

## Double plays: Feeds by Shortstop

### 1. Close feed (Ball between SS and base)



- Lower body smoothly as approaching
- Wide base
- Head behind ball
- Field ball out in front



- Clear the ball from the glove; give the 2<sup>nd</sup> Baseman a good view of ball
- Little or no backswing (of throwing arm)
- Maintain momentum under control
- “Stiff-wristed” push-feed to face of 2<sup>nd</sup> Baseman
- Follow the ball after release

## 2. Routine feed (Ball hit more-or-less straight at SS)



- Field (body can be slightly turned toward 2B)
- Funnel



- Retain low position
- Keep body steady
- Throw face-high to 2B

## 3. Backhand feed (Ball hit some distance to right of SS)



- Field in front of right foot
- Open left leg to target
- Stay low
- Throw face-high to 2B

#### 4. Unassisted turn (when fielding DP chance close to 2B)



- Field
- Maintain momentum toward base



- Adjust feet to allow left foot to come down on base as throw is made