


## First Base Play

### 1. Feeding the ball on a "Pitcher's Cover"

Routine Feed to a pitcher covering 1<sup>st</sup> Base (ball at you or slightly to 1<sup>st</sup> Base side)

	
<ul style="list-style-type: none"><li>• Lively ready position</li><li>• Secure the ball</li></ul>	<ul style="list-style-type: none"><li>• Moving whole body toward the base while staying low, use a stiff-armed push to deliver the ball</li><li>• Continue to follow the ball after it has left your hand</li></ul>

### Ball hit down foul line

	
<ul style="list-style-type: none"><li>• Field ball</li></ul>	<ul style="list-style-type: none"><li>• Move toward 1<sup>st</sup> Base</li><li>• Make same stiff-armed underhand feed used above</li></ul>

**Ball hit slightly to 2<sup>nd</sup> base side**



- If there is time, get around the ball (move past the line of travel so that you can field it with some momentum back to 1<sup>st</sup> Base)
- Stay low and drive back to 1<sup>st</sup> base
- Use same stiff-armed push to deliver the ball
- Continue to follow the ball after it has left your hand

**Ball hit substantially to 2<sup>nd</sup> base side (reverse pivot)**



• Field the ball

• Turn glove side

• Push of left foot and throw

## 2. Getting into position to receive a throw from an infielder



- Read the ball off the bat
- As soon as you know you can not field it, hustle to the base and locate it with your throwing-side foot
- Retaining the feel of the base with that foot, turn to face the direction of the throw
- Be in an athletic position, ready to move in any direction



## Footwork for preparation and receiving of the ball



<ul style="list-style-type: none"> <li>• Move quickly to the base</li> </ul>	<ul style="list-style-type: none"> <li>• Locate base with throwing-side foot</li> </ul>	<ul style="list-style-type: none"> <li>• Square up, throwing-side heel on base</li> <li>• Athletic posture</li> </ul>	<ul style="list-style-type: none"> <li>• Read the throw</li> <li>• Turn back foot sideways</li> </ul>	<ul style="list-style-type: none"> <li>• Step to ball with glove-side foot</li> </ul>	<ul style="list-style-type: none"> <li>• Back foot, being sideways, is less likely to drag off</li> </ul>	<ul style="list-style-type: none"> <li>• Step off base once out is made</li> </ul>
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### 3. Receiving a throw



- Active, well balanced ready position, throwing side heel on base
- Read the throw
- Turn rear foot sideways
- Step to the ball
- Make the catch with the head over the ball whenever possible

## 4. Handling misdirected throws

### Low throw straight at base

			<ul style="list-style-type: none"><li>• Get forward as far as possible,</li><li>• Body low, head over ball</li><li>• On short-hop, use forward scooping motion</li><li>• Use backhand if ball is on inside of front leg, forehand if outside (see below)</li></ul>	
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### Low throw to right-field side

			<ul style="list-style-type: none"><li>• Move rear foot to outfield corner of base</li><li>• Body low, read the ball</li><li>• Use forward scooping motion on short-hop (giving with the ball with softer hands may be necessary on in-between hop)</li></ul>
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### High throw to right-field side

					<ul style="list-style-type: none"><li>• Move rear foot to outfield corner of base</li><li>• Step as far as required with glove-side foot</li><li>• Show umpire contact</li></ul>
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### Low throw to down the line



- Keep (or move) rear foot in contact with infield corner of base
- Step as far as required
- The wider the throw, the more important it may be to show the umpire contact with the base

### Tag-play: when the throw draws you down the line



- Move off base to make the catch, remaining in fair territory (so as to avoid a collision)
- Tag the runner, spinning as he goes past (two hands may be used)
- Continue to turn counter-clockwise to look for the next play

### High throw overhead



- Jump up for ball if necessary
- Once ball is secured, look down for base
- Try to land one heel on the base (less likely to damage ankle or leg)

## 5. Moving off the base as a pitch is made



- As pitcher begins delivery, take one step and one side shuffle to square up to home
- Develop rhythm so that you land in an active fielding posture as ball reaches the plate
- If ball is not hit, side-shuffle back toward base in case of a throw from the catcher.

## Returning to base and applying a tag



- As above
- Read throw from catcher: if it is off-line, the first priority is to secure the ball
- If good, continue to base and turn body to put yourself in a good position to make tag
- Apply tag

## 6. Handling the “early break” on a pickoff



- Square up to pitcher as soon as runner breaks
- Step to ball, replace feet and make firm accurate throw to the inside portion of 2<sup>nd</sup> base

### High throw



### Throw on the 2<sup>nd</sup> base side



### Throw to homeplate side



- Shuffle to side (if possible) staying square to pitcher
- Make sure of the ball, replace feet and make firm accurate throw to the inside portion of 2<sup>nd</sup> base



## 7. Initiating a double play

### Ball hit on 2<sup>nd</sup> base side



- Move off base as the pitch is made
- Continue after ball, field it cleanly
- Maintaining your rhythm, make a firm, accurate throw and return immediately to 1<sup>st</sup> base (“throw it & forget it”). For this play, a left-hander has a marked advantage.
- If required, get into position and receive returning throw as for any throw from an infielder
- NB In many cases, the pitcher will be there to cover the base









## Ball fielded close to 1<sup>st</sup> base







- If you field the ball close to 1<sup>st</sup> base, it may be quicker to touch 1<sup>st</sup> base before throwing to 2<sup>nd</sup> base
- Since the force has now been removed, the middle-infielder must now tag the runner advancing to 2<sup>nd</sup> base
- As you throw, call “tag!” loudly to ensure he understands that the hitter-runner is out.

## 8. Cutoffs and Relays

### Relay play

					
<ul style="list-style-type: none"> <li>• Position yourself on direct line between thrower and Home</li> <li>• Raise arms to help thrower identify his target</li> <li>• Listen for the catcher's call</li> </ul>	<ul style="list-style-type: none"> <li>• Turn body side-on in readiness to receive the ball</li> </ul>	<ul style="list-style-type: none"> <li>• If catcher call "Four! Four!" catch the ball on glove side of body</li> <li>• Maintaining momentum to Home, replace feet &amp; throw to Home</li> </ul>			

### Cut-off Play

			
<ul style="list-style-type: none"> <li>• Set up as above</li> </ul>	<ul style="list-style-type: none"> <li>• If catcher call "Two! Two!" turn and catch ball on throwing arm side of body</li> <li>• Replace feet and throw to 2<sup>nd</sup> Base</li> </ul>		