

Oshkosh West Baseball

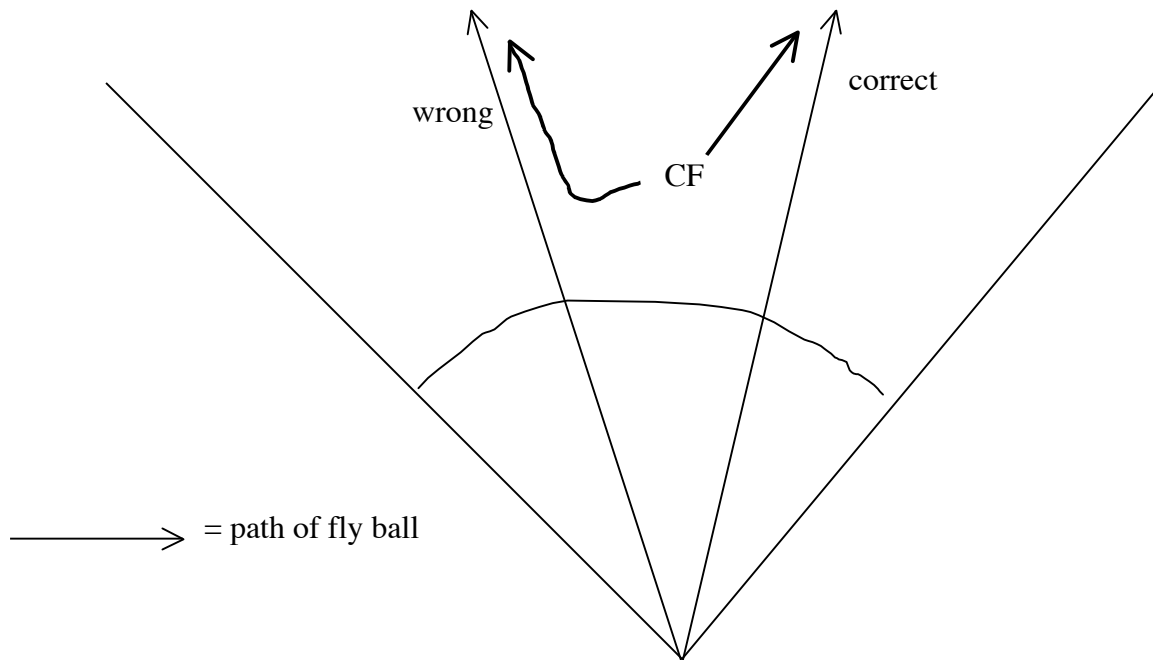
Outfield Fundamentals

I. Mental Approach

- A. The Future Is Perfect
 1. The most important play is the next one
 2. The most important game is the next one
 3. Stay positive
- B. Visualize your success

II. Fielding

- A. Stance
 1. Feet shoulder width, slightly staggered, knees bent
 2. Move forward with the pitch, like an infielder.
- B. Grounders
 1. Get in front of the ball. Nothing gets by you.
 2. Stay Down! ...butt down, glove down, head down. Block the ball.
 3. Charge everything possible...be wary of bad hops.
 4. Get the big hop or the short hop...avoid the "in-between" hop
 5. Have "soft" hands, look the ball in to the glove
- C. Popups & Fly balls
 1. Go after everything you can.
 2. Take the proper angle! (See the diagram below!)
 - a. Drop step/pivot on ballside foot, crossover, and run to the spot where the ball will land.
 - b. Do not run directly to the flight path of the ball and follow its flight.
 3. Always try to get behind the ball and catch it coming in towards the infield.
 4. Run on the balls of your feet. Keep off your heels. (Causes head to bob.)
 5. Don't stick your glove out until ready to make the catch.
 6. Whenever possible catch with two hands, above your forehead, on throwing side.
 7. Priority (who has the best angle to catch & throw)
 - a. CF over LF/RF (usually), OF over all IF
 - b. listen for man with priority to call ("Mine" or "I've got it")
 - c. make the call loud & as early as possible to avoid collisions
- D. Line drives at you are hardest to judge...if not sure, first move is back.



III. Throwing

- A. Sacrifice speed for accuracy... Be quick, but don't hurry.
- B. Keep your elbow up, fingers on top.
- C. Pick a specific target.
- D. Step towards your target, follow through.
- E. Use a crow hop when a quick, strong throw is needed.
- F. Get the ball back to the infield as quickly as possible.
- G. Cut-offs
 - 1. Listen for the call of where to throw.
 - 2. Keep throws low; a long one-hopper is better than over the head.
 - 3. Unless it's do-or-die, **hit the cut!**
 - a. keeps runners out of scoring position
 - b. keeps the double play in order

IV. Situations

- A. Shifts – watch the infield
- B. Backups
 - 1. You should be moving on every play. Always backup.
 - 2. Other OF.
 - 3. Routine infield plays.
 - 4. Bunts.
 - 5. Pickoffs/steals. (Hold your spots on a hit & run.)
 - 6. Rundowns.
- C. Decoys
 - 1. Fake the catch on balls you know you can't make a running or diving catch.
 - 2. Usually play them on one or two hops.
- D. "Tap the cap" signal = nothing over your heads, play deep (two outs or late in game)
- E. Seventh inning with lead
 - 1. Keep the tying & go-ahead (winning) runners out of scoring position.
 - 2. All runners before the tying run mean nothing.
 - 3. Until the tying run is at the plate, you can take a chance on a diving catch.
 - 4. In general, keep the force play (DP) in order.

V. Thoughts

- A. Expect (and **want**) every pitch to be hit to you.
- B. Get yourself ready & moving when the ball is pitched.
- C. Always **anticipate** what might happen & how you will react.
- D. "Getting a good jump" comes from experience (practice), observation and anticipation.
- E. Put your gloves together with other outfielders...pick each other up.
- F. Keep runners out of scoring position.
- G. Separate your defense from your hitting (don't take a bad AB into the field).
- H. Use the time between pitches to analyze the situation & communicate.
- I. Know the strengths & weaknesses of your teammates... "pick them up"...help them get better.
- J. Don't underestimate the wind factor. Check frequently, as winds can change suddenly.
- K. Be prepared for sun & lights every game. (Sunglasses, no-glare). Shade the sun with your glove.
- L. Dress warmly. You can always take off a layer between innings if you're too hot.
- M. Know the layout of the park, fences, caroms, etc.
- N. If you misjudge a ball, it's always easier to run in than back...if it falls in, it's still in front of you.
- O. Fly balls, especially liners, will always slice or hook towards the foul line.
- P. The closer to line, the more a ball will slice or hook.
- Q. Know the hitter (the scouting report when available) & play accordingly with the situation.
- R. The centerfielder is the OF "quarterback".