

Perry Hill - the six F's of fielding - best infield coach in the MLB

Emphasize making the routine play

Positioning is huge

Make it so automatic that students do not have to think

1. feet-take you to the ball

A. On pitchers first move ...glove off body, it's open, and back is bent B. Small step with right foot and jump stop...close to the ground...separating your feet...that way you can go left and right C. You have to be moving while the ball in the zone D. Good time to work on it during b.p.

E. Exception to the rule...when corners are in..just bounce

2. field - wide base=balance

a. "hands out front" creates balance problems B.when you break down to field...get feet wide C. If you can't see your glove...that's a problem...breaking down wide helps out *put a ball out 20' in front of a line of infielders and ask them if they can see both ball and glove.

3. Funnel - funnel the baseball to your middle or chest A. When you take the ball to the side...you lose balance...lose accuracy...do not take the ball away from your body.

B. When you funnel other teaching points take care of themselves.

C. When you break your hands after funneling...you will automatically break thumbs down.

D. Funneling will actually create stronger arm strength.

4. Footwork - moving toward the target

A. distance and direction

B. No hopping - hoping leads to inconsistent throws c. Replacing your feet...right to left...left to target D.

Do not cross over...wastes time and loses balance E. When a short stop turns a double play ...replace feet...left foot on bag

5. Fire

6. Follow

A. Takes care of your arm

B. Gives you carry and accuracy

Drills

1. Thumbs down drill

A. Have a baseball in your hand with your palm up and seems up..have them grab the ball from your hand and immediately throw it

2. Infielders on knees - hit fungo from 30 ft A. They catch and funnel and discard B. Then ...they stand...field, funnel, discard *make sure they can see ball and glove

3. Two coach funnel drill

A. Using a wall

B. As soon as the ball hits the ground...fire the next ball...Field, funnel, discard

