



# BASEBALL CAMP (AGES 6-11)

## ACTIVITY REFERENCE GUIDE



### Hands in Front

Purpose: Fielding

Equipment: Baseballs, Bat, Gloves

Set-up:

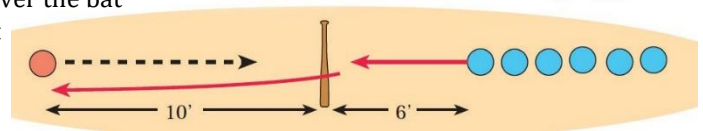
- Lay a bat on the ground, 6-feet in front of the line of players. Coach is 10 feet in front of the bat.

Execution:

- First player assumes ready position
- Coach rolls the ball toward the bat
- Player approaches the bat and set-up with his/her feet behind the bat, glove in front of it
- Player fields the ball, then sprints toward the coach, lying the ball next to him (or in bucket)
- Coach rolls the next ball as player who just fielded steps over the bat
- Drill is designed to force player to field grounders in front of their feet



- = Coach
- = Fielder
- ➔ = grounder
- ➔ = run



Focus Points:

- Present the Pocket – Card 62
- Look it in – Card 63

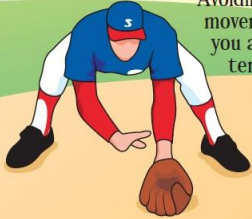
THE FIELDING SEQUENCE

### 3. PRESENT THE POCKET

Your glove is designed to control the baseball in its pocket, or webbing, and will actually work to help pull the ball in if you can get your glove on it.

As you line your glove up, *present the pocket* – face the palm side toward the ball. Now if the ball arrives more quickly than you expected, you're still ready for it.

Think also about keeping a "quiet glove." Avoiding excessive movement will make you a more consistent fielder.



CARD 62

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