

First Base Play

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

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



- Lively ready position
- Secure the ball

- Moving whole body toward the base while staying low, use a stiff-armed push to deliver the ball
- Continue to follow the ball after it has left your hand

Ball hit down foul line



- Field ball

- Move toward 1st Base
- Make same stiff-armed underhand feed used above

Ball hit slightly to 2nd 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 1st Base)
- Stay low and drive back to 1st 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 2nd 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"> • Move quickly to the base 	<ul style="list-style-type: none"> • Locate base with throwing-side foot 	<ul style="list-style-type: none"> • Square up, throwing-side heel on base • Athletic posture 	<ul style="list-style-type: none"> • Read the throw • Turn back foot sideways 	<ul style="list-style-type: none"> • Step to ball with glove-side foot 	<ul style="list-style-type: none"> • Back foot, being sideways, is less likely to drag off 	<ul style="list-style-type: none"> • Step off base once out is made
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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">• Get forward as far as possible,• Body low, head over ball• On short-hop, use forward scooping motion• Use backhand if ball is on inside of front leg, forehand if outside (see below)	
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Low throw to right-field side

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

					<ul style="list-style-type: none">• Move rear foot to outfield corner of base• Step as far as required with glove-side foot• Show umpire contact
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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 2nd base

High throw



Throw on the 2nd 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 2nd base

7. Initiating a double play

Ball hit on 2nd 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 1st 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 1st base






- If you field the ball close to 1st base, it may be quicker to touch 1st base before throwing to 2nd base
- Since the force has now been removed, the middle-infielder must now tag the runner advancing to 2nd 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"> • Position yourself on direct line between thrower and Home • Raise arms to help thrower identify his target • Listen for the catcher's call 	<ul style="list-style-type: none"> • Turn body side-on in readiness to receive the ball 	<ul style="list-style-type: none"> • If catcher call "Four! Four!" catch the ball on glove side of body • Maintaining momentum to Home, replace feet & throw to Home 			

Cut-off Play

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